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A DREAM PREVISION OF THE GREAT WAR

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# NAUTILUS

## *Magazine of New Thought*

*Edited by Elizabeth Towne  
and William E. Towne*



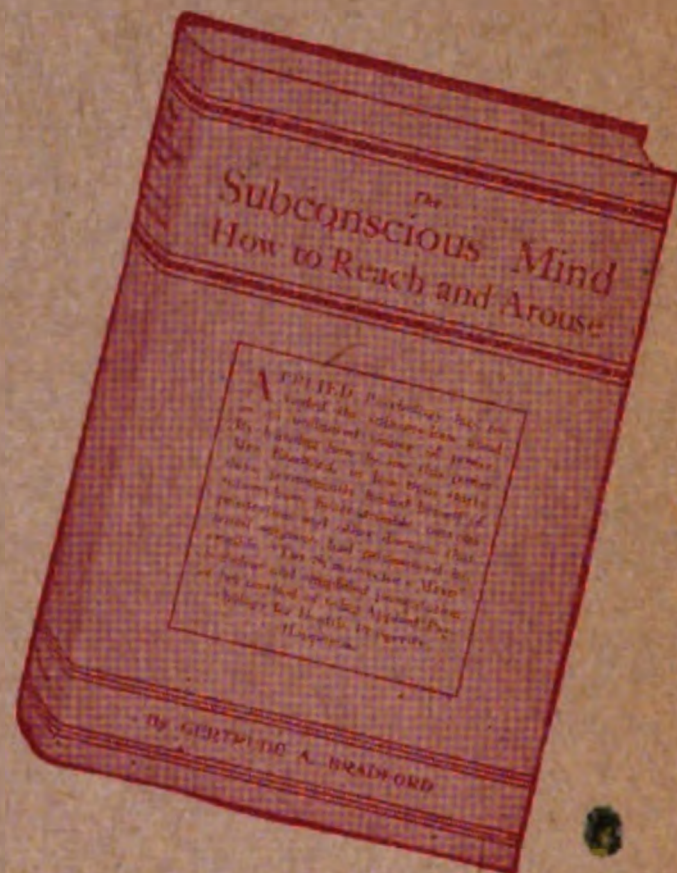
Look for these:

The Most Wonderful Healing in My  
Experience  
How I Made Myself Over  
How to Free and Use Stored Energy

Just Published!

# The Subconscious Mind

**How to Reach and Arouse  
By Gertrude A. Bradford,  
Author of "How to Demonstrate Health, Money and Friends."**



**Y**OU have read in *Nautilus* of many cases of healing by the Subconscious Mind Method.

You have read how children have been healed and helped to become more efficient in their studies, how they are often cured of undesirable habits, etc.

In this new book Mrs. Bradford gives her simple and clear method for using the Subconscious Mind for such help and healing.

She tells how to reach and arouse the Subconscious Mind.

How to direct the Subconscious so it will create for you, whatever you deeply desire.

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*In less than 30 days she healed herself of several diseases the doctors had pronounced incurable.*

## What This Book Will Tell You

- Three ways to make your subconscious mind work for you.
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- She set her subconscious mind to work to demonstrate a set of dishes, and got them.
- How to determine what you will attract.
- A woman who attracts untruthful persons and why.
- A quality that always attracts.
- A way to visualize so as to bring what you desire.
- Clear directions for making your mental picture of what you want.
- How to reach the mind of another by telepathy and insure results that will amaze you.
- Visualizing a salary increase that became real in three days.
- How the author visualized her son as repeating certain words, and a week later he made the statement in the smallest detail exactly as she had impressed it upon his mind by telepathy.
- How the mind of each one of the guests at a house party was reached and impressed with an idea involving action.

# NAUTILUS NEWS

BY THE EDITORS

**TWO BEAUTIFUL POEM CARDS FREE TO NEW SUBSCRIBERS.** We have printed a few hundred impressions, on heavy cardboard, of the full-page Christmas Poem by Victor E. Southworth (published in our December number) and also of the page poem by Olivia Kingsland, "My New Year", in this issue.

While they last we will send both these poem cards FREE to any new subscriber for Nautilus, if requested at time subscription is sent in.

To those who wish to purchase the cards, the price is 25c for the two. Six cards to one address, 50c.

**TWO NEW BOOKS.** This New Year we greet you with two new books, just published. You will find advertised elsewhere:

"The Subconscious Mind, How to Reach and Arouse", by Gertrude A. Bradford; also "Conversation and a Magnetic Personality", by E. Gwendolyn Stimpson.

By the way, did you read Mrs. Bradford's article, on page 27 of October Nautilus?

On page 7 of this issue you will find a list of just a few of the very special Good Things in store for the readers of Nautilus during 1925.

**PLEASE PASS ON YOUR OLD COPIES OF NAUTILUS.** Here is what came from just one copy of Nautilus passed on by a friend to a friend:

"I have loved and studied NAUTILUS since the first copy was given me, about 14 years ago. Thanks to you, I have demonstrated success in health, home and business by following TO THE LETTER formulas given by you. I have no words to thank you for what you have brought into my life."—Mrs. J. C., Calif.

You have old copies of Nautilus that you do not need. PLEASE PASS THEM ON TO SOMEONE YOU THINK WILL READ THEM. And speak a good word for the magazine when you do so. This personal word will often secure attention where otherwise the magazine would be ignored.

**COMING! COMING! IN FEBRUARY.** "By Accepting God's Guidance I Was Saved From a \$2,000 Loss This Year", by the author of that splendid experience published in October Nautilus, "Tuning In On the Vibrations of Love." This new contribution is just as interesting and wonderful as the "Tuning In" article.

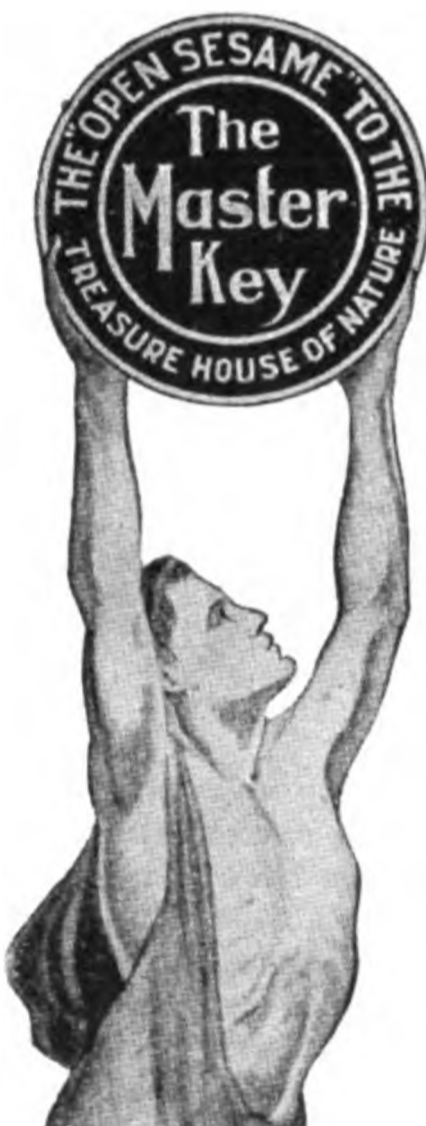
"The Subconscious Cause and Cure of a Case of Stupidity" will be Mr. Chamberlain's contribution to February Nautilus. The boy is the son of a college president. He didn't get along like other boys. He had been spoiled, and he was dull and indifferent—seemingly. It was really a case of misunderstanding by the parents. But a solution of the trouble was discovered, and today he

Say you saw it in NAUTILUS. See guarantee, page 5.

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If you find a pink expiration notice and order form attached to this space it means that your subscription expires with this issue. UNLESS your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue and to save the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE PINK RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 18 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

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## THERE IS A Master Key

Which can unlock the secret chambers of success; can throw wide the doors which seem to bar men from the treasure house of nature; it is for those only who are wise enough to understand, broad enough to weigh the evidence and firm enough to follow their own judgment. This may seem too good to be true, but when you remember that by the touch of a button or the turn of a lever science has placed almost infinite resources at the disposal of man, it is evident that there may be other resources not generally known, but which contain even greater possibilities. One writer says: "I have found the Master Key and with it each day am unlocking the storehouse of wisdom and success of which I was heretofore utterly ignorant."

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Plain, concise directions are given in a wonderful lesson. Brand new conceptions and ideas. Abundance is yours if you will but reach out and grasp it. The plan outlined has been carefully tested and found to WORK. Price 25c.

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is awake and happy, the director of a celebrated orchestra. Fathers and mothers should study this contribution.

*"They Said I Had Not One Chance in a Thousand With an Operation, and None Whatever Without It."* Nevertheless, she was healed without an operation, and this article tells how it came about.

Landone will write about the part which Expanding Mother Love plays in all creative processes. He will tell about the wife who failed, through not using this Love, and the school teacher who won a home, *twice as valuable as she ever dreamed of owning*, through the application of this great Law of Expanding Love.

*"The Subconscious Mind and the Habit of Happiness"*, by Gertrude A. Bradford. A splendid, helpful paper by this practical, inspiring writer. Be sure to read it, if you want to find the way to happiness.

#### CALIFORNIA CENTER OF MODERN THOUGHT

Physical and spiritual treatments to aid health, prosperity and poise. Helpful correspondence. Lessons gratis with treatment. Five to Ten Dollars monthly according to services required. Box 1485, Station O, Los Angeles, Calif.

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**"Am gaining every day. The breathing exercises are filling out my throat, neck and chest, and best of all I am awakening every morning bright and rested instead of blue and tired as I have for the past two or three years."**—I. P. H., Me.

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## Conversation And A Magnetic Personality

By E. Gwendolyn Stimpson

**A book for all who want to develop popularity and leadership**

**H**AVE you ever envied the "popular" girl who is always the center of an interested group at all social gatherings?

Have you ever longed to be like her?

Listen! You can become charming and popular as well as she.

Even if you do not sing or dance or have any special talent, do not become discouraged.

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She sent us the manuscript and we advised her to let us bring out the complete Course in book form to sell at only 55c.

The book will help you to become a good and attractive talker, and to develop personal magnetism, to radiate magnetism and become successful.

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- When You Are Going Out With Just One Person.
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- How To Deal With Moods.
- How to Make A Pleasing Impression.
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# Little Mistakes In English Make Others Judge You Unfairly

Does your English reveal your lack of education or does it prove that you are a person of culture and refinement? Are you handicapped in your speech and writing or does your command of English rise to meet every occasion and every situation? English is the one tool you must use every day. This tells how you can improve it almost at once.

**A**S a result of thousands of tests, Sherwin Cody found that the average person is only 61% efficient in the vital points of English. In a five-minute conversation, or in an average one-page letter, from five to fifty errors will appear. It is surprising how many experienced stenographers fail in spelling such common words as "business," "abbreviate," etc. It is astonishing how many business men say "between you and I" instead of "between you and me," and use "who" for "whom," and mispronounce the simplest words. Few know whether to use one or two "c's" or "m's" or "r's," whether to spell words with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear.

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A patent was granted Mr. Cody on his unique device, and now he places it at your disposal. This invention is simple, fascinating, time-saving, and incomparably efficient. You do the lesson given on any page, then you see exactly how Mr. Cody himself would correct it. You mark your errors and check them in the first blank column. Next week you try that page again, on the second unmarked sheet, correct your errors, and check them in the second column. You see at a glance what you have learned and what you have failed to remember, until you have reached the 100% point in spelling, punctuation, grammar, and expression.

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Sherwin Cody

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Author, Lecturer, Teacher

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## THE NAUTILUS

ELIZABETH TOWNE  
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} The Editors

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Edwin Markham  
Thomas Parker Boyd  
Claude William Chamberlain  
Paul Ellsworth  
Brown Landone

} These are  
Some of  
The Nautilus  
Contributors  
For 1925-1926  
Others  
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## NEW THOUGHT CENTERS.

Following is a List of New Thought Centers and Reading Rooms. The letter (M) following indicates that open meetings are held.

- ABERDEEN, Scotland, N. B.**—First Harmony New Thought Center, Joseph Taylor, Secretary, 45 John St.
- ALAMEDA, Cal.**—Home of Truth, Cor. Grand St. and Alameda Av.
- ANDERSON, Ind.**—Glen M. Tait, Farmer's Trust Bldg.
- AURORA, Nebr.**—Mrs. J. N. Cassell, 1004 16th st.
- BALTIMORE, Md.**—New Thought Center and reading room, 603 N. Paca st. Rev. Grace A. M. Bratcher. (Col.)  
—Baltimore New Thought and Unity Center, Stiff's Hall, 815 N. Howard St., 8:15 p. m. every Tuesday.  
—Ida May Waters, 609 Cathedral St. (M)
- BOSTON, Mass.**—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)  
—Astrological and Occult Book Center and New Thought Library, 687 Boylston st.  
—The Metaphysical Club, 234 Boylston st., Fri. 3 p. m., Sun. 8 p. m. (M)
- BOURNEMOUTH, England.**—Mrs. Helen Rhodes Wallace, leader, 127 Lowther Road. (M)
- BRIDGEPORT, Conn.**—The Bridgeport New Thought Center, 189 State st. (M)
- Brooklyn, N. Y.**—Radiant Center, Mrs. T. Showdy, 950 Greene av. (M)
- BUFFALO, N. Y.**—League for the Larger Life, 152 Elmwood av., 2 to 5 and 7 to 9 p. m. (M)
- CENTRALIA, Ill.**—Metaphysical Book Shop and Reading Room, 520 N. Locust st.
- CHESILHURST, N. J.**—New Life Fraternity, Mrs. Grace Collins, 59 New st., Woodbridge, N. J. (Col.)
- CHICAGO, Ill.**—Chicago First Unity Society, 500 Capitol Bldg., 159 No. State st. Nellie McCollum, Leader.
- CINCINNATI, Ohio.**—New Thought Temple, 1216 Mercantile Lbr. Bldg. Mrs. May Cornell Stolber, Leader. (M)  
—Cincinnati Unity Center, Frederick Elias Andrews, Burnett House, 309 Vine, Daily 12 and 2. (M)  
—New Thought Universal Truth Center, 11 W. McMicken Ave. and Vine st. Leader, Wilhelmina Bickett.
- CLEVELAND, Ohio.**—Cleveland Truth Center, 2099 E. 90th St., Mrs. Mary A. Prince, Leader.
- COLLISON, Ill.**—Truth Center, Mrs. Mary Frita.
- COLORADO SPRINGS, Colo.**—New Civilization Center, Mrs. M. S. Rossignol, 116 E. Platte. (M)
- DALLAS, Tex.**—Unity Self Help Circle, 1631 Pine St. Mrs. George W. Keeley, Secretary. (M)
- DENVER, Colo.**—The Colorado College of Divine Science, 1819 E. 14th Av. Rev. Nona L. Brooks, Pres. (M)
- DES MOINES, Iowa.**—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel, 5:30 to 8:00 evenings.
- DUMONT, N. J.**—New Thought Center and Rest Home for N. T. people, Mrs. C. E. Bennett. (M)
- EDINBURGH, Scotland.**—Edinburgh New Thought Center, 87 Castle st. Library. (M)
- FOLSOM, W. Va.**—Mrs. J. W. Scott.
- FT. WAYNE, Ind.**—Mrs. Margaret Coan, 2505 S. Barr st. 1st. and 4th. Fri. 8 p. m. (M)
- HAMILTON, Ohio.**—New Thought Unity Temple, 7th St.
- HONOLULU, T. H.**—Metaphysical Center, 1041 Alakea St., (Laniakaa) Mrs. M. D. Moncrief, Pres.  
—Metaphysical Centre, Laniakaa Library and Reading Room. Open meetings on Tuesday afternoons and Wednesday evenings.
- HOUSTON, Texas.**—Unity Metaphysical Center, 1 & 2 New Majestic Theatre Bldg. Mrs. Edith V. Michaux. (M)
- INDIANAPOLIS, Ind.**—Unity Truth Center, 1115 Odd Fellows' Bldg., Muriel G. Powell, Leader. (M)
- JACKSONVILLE, Fla.**—Unity Center, 301-303 Clark Bldg., cor. Main and Monroe sts. Lois M. Albertson. (M)
- LANSING, Mich.**—Practical Christianity Class, Mrs. Bessie Finkbeiner, 830 Seymour av. (M)
- LAS VEGAS, Nevada.**—Metaphysical Circulating Library, P. O. Box 380. Hazel Hefner, Librarian, Old Town.
- LEXINGTON, N. C.**—Esoteric Brotherhood, R2. President, Agnes E. Marland. (M)
- LONDON, England.**—Mr. Charles Wase (Pres. Brit. Sec. I. N. T. A.) The Studios, Cheniston Gardens, W. S.  
—Miss Alice M. Callow, 31 Stanwick Rd., West Kensington.
- LOS ANGELES, Calif.**—Hall of Psychology, 1003 W. 7th st. Meetings every noon.  
—New Thought Center of Spiritual Helpfulness, 5448 Lemon Grove av.  
—Metaphysical Circulating Library, 909-914 Black Bldg. (M)  
—The Brotherhood of Light, 818 Union League Bldg. (M)
- MELBOURNE, Australia.**—New Thought Book Depot and Lending Library, 229 Collins st.
- MEXICO CITY.**—"Liberia Orientalista" Tacuba 53. Mr. Luis Leal. "Liberia Teosofica" (M) Rosales 22.
- MILWAUKEE, Wis.**—First Unity Center of Milwaukee, 130 Oneida st. (M)
- MINNEAPOLIS, Minn.**—The New Life Fraternity, Dr. Amelia A. Randall, 2744 4th av., south. (M)
- MONROVIA, Calif.**—Unity Metaphysical Center. Study and expression classes. Library.
- MONTREAL, Canada.**—Divine Psychology Centre, Leader, Mrs. Evelyn LeMoyné Bruneau, 3544 Park Av. (M)
- NEVADA, N.**—Weltmer School and Sanitarium, 206 South Ash st. Fred Library. (M)
- NEWARK, N. J.**—Unity Truth Realization Society, 435 Fourth av., near Roosevelt av.  
—The Open Door Psychology Centre, Florence Maybelle Vincent, 223 Lake St. Study classes.
- NEWARK, O.**—New Thought Study Class. Public Library Assembly Room. (M)
- NEW ORLEANS, La.**—New Orleans Truth Center, 1311 St. Charles Ave., Eleanor G. Graham, President. (M)
- NEW YORK CITY.**—Applied Psychology Asso., Hotel Astor, Leader, Anna C. Noble  
—Mrs. Mary E. T. Chapin, Hotel Commodore. Sun. Service. Commodore Ballroom, 11:15. (M) Interviews and Classes.  
—The Goodyear Metaphysical Book Shop, Inc. 25 West 42d st. Rooms 222-3-4. (M)  
—Oasis The. Grace E. Williams, 154 W. 72d St., Sunday Morning and Evening Services; Meetings nightly except Saturday.  
Sears Philosophy Library, 828 Seventh Av. (near 54th St.)  
—Unity School of Scientific Christianity, 250 West 57th st. Rooms 517-518. (M)
- NIAGARA FALLS, N. Y.**—New Thought Center, 358 Prospect st. Thursday 7:30. Mrs. John C. Level. (M)
- NO. WINDHAM, Maine.**—World's Helpers of Humanity.
- OAKLAND, Cal.**—Sarah C. Morse, Hill Court, 465 Bellevill St., Apt. 23.  
—Metaphysical Library, Odd Fellows Bldg., 11th near Franklin St.  
—Truth Center, Ebell Club Bldg., 1440 Harrison St. Mrs. Letitia A. Andrews.
- OKLAHOMA CITY, Okla.**—First New Thought Center, 212 Baltimore Bldg. Dr. L. H. Hillmeyer, leader. (M)  
—Pola Alto. Pola Alto Truth Center, 565 Hamilton. Lorinda B. Kennedy—Tr.
- PHILADELPHIA, Pa.**—Dr. Elizabeth M. Clark, 1411 North 18th st. By appointment.  
—Emmanuel Center, Margaret Cutting-Ives, 1327 Spruce st. Daily. (M)  
—Unity Center of Truth, Unity Bldg., 236 So. 13th st.
- PITTSFIELD, Mass.**—New Thought Center, Pub. Libr. Lecture Room, Tues. 3 p. m. Emille D. Clark, leader.
- PORTLAND, Ore.**—Metaphysical Library, 212 Central Bldg., 10th and Adler. Nettie Taylor Kloh. (M)
- PROVIDENCE, R. I.**—New Thought Center, 72 Weybosset st. Room 307. (M)
- RENO, Nevada.**—Radiance Center of Love. Geo. Miller, Sec. Saturno Hotel.
- SAN DIEGO, Calif.**—New Thought Center, Park Hotel, 3359 5th st. Rooms 60, 61, 62. Mary C. Perkins. (M)  
—Impersonal Truth Center, 814 Watts Bldg., Samuel Walker Sloan in charge. (M)
- SAN FRANCISCO, Calif.**—Metaphysical Library, 466 Geary St., Room 412. Free Reading Room. Noon talks. (M)  
—Olivia Kingsland, Sussex Hotel, 701 Sutter st. (M)  
—Home of Truth, 1919 Sacramento st., near Gough st.  
—Metaphysical Studio, class and individual instruction. Rev. Geo. C. Golden, 68 Post st.
- SANTA BARBARA, Cal.**—Truth Center, 39 Mithran Studio Bldg., East Carrilla st. (M)
- SANTA MONICA, Calif.**—The Truth Seeker's Center, 1317 Ocean Ave. Dr. and Mrs. G. D. Wilcoxon, leaders. (M)
- SEATTLE, Wash.**—Raymer's Old Book Store, 1330 First ave. (M)  
—The Center of Christian Philosophy, Rooms, 537-538 Waldorf Hotel.
- SPOKANE, Wash.**—Spokane Book and Stationery Co., 903 Riverside ave., Opp. P. O. Free reading room. (M)
- SPRINGFIELD, Mass.**—Unity Center, 356 Main st. Mrs. Mary Margeson. Meetings Wed. 3 p. m. (M)
- ST. PAUL, Minn.**—Society of Truth, Mrs. A. C. Mareluis, Sec., 446 A. Wabasha st.
- ST. LOUIS, Mo.**—New Thought League Headquarters, 509 North Newstead ave. Phone Delmar 1936. (M)  
—North Side Society of Practical Christianity, 4300-08 Gane ave. Chas. Schlag, Pastor. (M)  
—Society of Practical Christianity, Divine Science, 3617-19 Wyoming st. H. H. Schroeder, Pastor. (M)  
St. Louis Truth Center, 4030 Lindell Blvd. Rev. Emil C. Hartmann, leader. (M)  
—Spiritual Bible Center, 272 Field Bldg. Ministrant Laura C. Pluckard.
- SYRACUSE, N. Y.**—Miss Katherine Carter, Reading Room, No. 2, 155 East Onondaga st. (M)
- TACOMA, Wash.**—Metaphysical Center, 719 E st. Lela D. Combs, leader. (M)
- TAMPA, Fla.**—Truth Center, 112 Hyde Park Place. Margaret M. Mahaffey. (M)
- TRENTON, Tenn.**—"Silent Center," W. H. Campbell, leader.
- TULSA, Okla.**—Unity Reading Room 4, 510½ So. Main St., Mrs. Harry White, Leader. (M)
- WARREN, Ohio.**—Church Transcendent, 360 Palmyra st. Bookshop 31½ Main st. (M)
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—Metaphysical Library, 1627 K st., N. W. Universal.  
—National Center of Christ Healing and Christ Service, 812 17th St., N. W. Second floor. (M)  
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By WAYNE OVERTON

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Now, in less than fifteen months after his resolution to become a real estate expert, he has moved into a new home of his own, furnished it with new furniture; he has bought two farms besides his own place; Mrs. Records has a new \$1200 Overland Coupé, and Dad has a Ford that he uses in his business.

*And he says he is just getting started!*

Are you—like Dad Records—sick and tired of *hard work and poor pay*? Do you want to get into one of the biggest and best businesses in the world—and make more money than you ever made before?

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Alva C. Records, Age 65

system of handling real estate that is *amazingly simple* and *remarkably successful*. Write for full information today. Let us show you the big profit possibilities in this new kind of real estate business for you.

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## My New Year

By Olivia Kingsland

I WILL think a thought worth while  
And send it many a mile  
To bless the heart of man.

I will speak a word of cheer  
And send it far and near  
To bless the heart of man.

I will do an act that's kind  
To be whispered by the wind  
To bless the heart of man.

in the silence pray  
To speak and act each day  
To bless the heart of man.



# NAUTILUS MAGAZINE

*Self-Help Through Self-Knowledge*

MONTHLY  
\$1.00 a Year

JANUARY, 1925

Vol. XXVII  
No. 3

## EDITORIALS

*by Elizabeth Towne*



*"Build thee more stately mansions, oh, my soul  
As the swift seasons roll!  
Leave thy low vaulted past!  
Let each new temple nobler than the last,  
Shut thee from heaven with a dome more vast,  
'Til thou at length art free,  
Leaving thine outgrown shell by life's unresting  
sea."*

—Holmes' "The Chambered Nautilus."

**G**OODNESS ALIVE!—  
In Nineteen Hundred  
And Twenty Five.

▽ ▽ ▽

*The Editor Wishes for You—*

**H**ERE'S wishing you the Happy New Year  
of a Meliorist.

Maybe you will not find that word in the dictionary, so I define it. Though it was used by William James. Perhaps he coined it.

The optimist sees the doughnut, the pessimist the hole, the meliorist ameliorates and evolves by mixing the hole and the doughnut into something more satisfying than either doughnut or hole.

The pessimist cries over the lemons that are handed him; the optimist calls the lemons angel food; but the meliorist makes the lemons into lemonade and sells them at fifteen cents a glass.

Here's wishing you just enough lemons to serve your needs, and all the sugar that is good for you.

Here's wishing that you may receive your lemons of 1925 with Good Will and convert them speedily into friendly service, character and cash.

*On Winning Good Will and Cooperation.*

**B**LESS you for holding the idea that I have "a marvelous consciousness for winning good will and cooperation"—but I want to remind you that the only marvelous consciousness for winning good will and cooperation that anybody can have is a real moving of the Spirit through him in loving-kindness *to every other* Spirit. The fullness of Jesus' vision is *absolutely true*: He who would be great among you must be the servant of ALL—must love and appreciate everybody or he cannot be great in the sight of other people. Don't for a minute fool yourself or let anybody else fool you into the idea that I or anyone else has some mysterious sort of devil-power for "winning good will and cooperation"! "*There ain't no such animile*".

When His disciples came to Jesus and told Him there was a group that was healing others by some other method than their own, Christ told them that "if they are not against us they are for us!"—that is, they are healing by the one power that we are using for there is only one power, the Father in Each of Us, who heals by our faith in Him.

"Winning good will and cooperation" is a matter of HEALING THE CONSCIOUSNESS OF THE INDIVIDUAL so that his *conscious* God-kindness moves out in service and *appreciation* to EVERY CREATURE. People see his quiet confidence in God, or GOOD, and therefore they TRUST him. That is the secret of winning good will and cooperation.

One man asked another why Roosevelt was so successful and the second man who was an enemy of Roosevelt said, "It is the damned



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charm of the fellow!" But that "damned charm" of Roosevelt was nothing in the world but his faith in God moving to expression in himself to serve ALL of US. That is why people believed in him and followed him. And that is the only *power* of leadership that ever gets anywhere.

The limited mind, the mind that serves a group and excludes from its Divine Abandon all those outside of its group, has a limited leadership and *within its soul a deep unsatisfiedness*. It is always trying to circumvent the people outside its group, to belittle and discredit them. That is the trouble with political parties. They are partisan for themselves and their own viewpoint. They are unhappy and fearful of others even when they themselves happen to be winning.

He who would be great among you, let him be the server of ALL—first in his own consciousness before God, and out of that his Good Will moving to serve EVERY creature in the world as he comes into touch with them, spiritually, and mentally and in body.

▽ ▽ ▽

### *The Christ Method of Selling Property.*

THE first thing every morning and the last thing every night you are to go into the Silence with God, picture to Him the thing you desire, ask Him for it, picture yourself as receiving it from Him, and then thank Him that then and there He gives it to you and you accept it or receive it from Him. Then see that you do your glorifying of God, your thanking of Him. And go on your way rejoicing.

Say to yourself something like this:

My Heavenly Father, I want to sell this piece of property to the man who can make the very best use of it to the glory of himself and the benefit of the entire city; so that I can free my son from routine work, that he may work out the deep desires which Thou art moving to express through him; of myself I cannot move this property, but the Father in me can do this and infinitely more. I ask you, Heavenly Father, to bring the right man quickly to buy this property and I rejoice that even before I ask Thou art already moving to answer this prayer. I now definitely ac-

cept, receive from Thee the sale of this property to the glory of Thyself and of all persons concerned; I believe that you have answered my prayer and that I have accepted; and I thank you, my Heavenly Father. Yours is the power and the glory forever. I rejoice and I get ready to show my property with pride.

Use this the first thing every morning, and the last thing every night. The balance of the time go about exactly as if the money had already been paid down for the building. But when you happen to catch yourself feeling a lack of believing, just take the treatment over again wherever you happen to be.

Believing is an act of will, of choice. But faith is an emotional "fruit of the spirit" which moves into your consciousness from God Himself, *when you have done your part in believing*. And it is like any other act of will and mentality, a thing that you need to practice until your mind really does the act of believing. So repeat to yourself, over and over, this treatment as outlined above, until you realize it.

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### *Condemnation Brings Children's Diseases.*

PEACE be unto you all. You are one with Spirit, Spirit is moving through you all to express its perfection here and now. You do not depend upon anybody but THE DIVINE LOVE OF GOD. And He works in and through those children for the realization of His own good pleasure, which is their good and *their* pleasure, and that of all their elders.

Remember that, no matter what the appearances, all things are *now* working together for good to those children and to all of you.

Remember that the children are not bodies, but DIVINE SPIRITS, one with the Father, eternal and ineffable in His heaven here and now—no matter what the outer appearances may be. Hold to this TRUTH OF BEING, and *let* the Heavenly Spirit do His perfect work in and through all of you.

My dear, the ear troubles of those children indicate that they are living under condemnation for disobedience, and this condemnation they have taken to heart and their spirits are

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weighted down with the sense of their disobedience! You see, those motherless children think they must be obedient in every thing to that old grandfather, and to the father and to that elderly caretaker. Just living in the house with old people like that is very depressing to children unless there is an immense amount of love and appreciation radiating from these elderly people, as sometimes happens. There may be real lovers and sympathizers among these old people in the house with these two young children—I cannot tell. Neither can you. But the ear trouble indicates that their treatment is that of inculcating duty, of suppressing and repressing the children, rather than helping them to express themselves happily and normally. For this reason, the children have taken on the sense of guilt for disobedience, they are unhappy and depressed.

The mental correspondence of eye trouble is guilt.

The brain meningitis is only the logical conclusion of these states of suppression, guilt, grief, wilfulness.



### *Treatment for Children's Health.*

**B**UT these conditions cannot be cured by recognizing them as a power, or as a fixed condition! They are only the outpicturings of mental states held previously. DENY that there is any power whatever in the state of mind, or in the disease, to hold a child back from outpicturing the TRUTH OF HIS OWN BEING IN GOD.

And then affirm the truth of his being:

These two children are God's own divine and indestructible SPIRITS, perfect in Him here and now; nothing can destroy them or prevent them from fully reflecting and *expressing themselves as God's divine children*. God now speaks to them and tells them what is right to do, and they do it gladly, willingly, because they *desire* to do right, and only right! Their desires are God's desires in them, their play is God's play in them. They now and evermore express *their own* sense of right, *their own* sense of the play of Divine Spirit within them! The inhibitions and commands and frowns of other people have no effect

upon them whatever! The Divine Spirit plays in them according to DIVINE WILL, they live out their own Spirits, their own lives, in God's divine good way. Nothing can hinder them! The misunderstanding don'ts of old people have no more power over these Divine Spirits of God, than the darkness has over the light. In God these children are healthy, happy, good, loving, kind, helpful, and full of the PLAY OF SPIRIT. Nothing can hamper them or hold them down!

Nobody wants to hamper them or hold them down, and the mistakes of old people are only the darkness, which flees before the PLAY OF DIVINE SPIRIT IN THESE CHILDREN. God is their life, their wisdom, their indestructibility, their free play, their splendid power of divine service to the world. God's perfect love moves through them to expression, in new and better ways than the old people ever thought of! God in them smiles indulgence to the fears and fancies of old people! God in them knows how to unfold these children, and GOD IN THEM IS DOING IT! In spite of hell and high water and old fogysm! The old people now see the light and trust them to God's Spirit within them.

Dear lady, the above is your treatment for those children: use it for them every morning the first thing, to key your thoughts about them for the day; use it again the last thing before you go to sleep at night. During the day, simply think of the children in the light of *this statement of their divine being*, think of them as normal, healthy splendid children that nothing can spoil, and that nothing wants to spoil! Thank God for them. Picture them as whole and happy and healthy and unfolding naturally into splendid manhood, all their little troubles of body growing better and better every day, in every way! Thank God for them, and for His infinite love and blessing which is caring for them, and through them will give divine service to the world.

If you persist in this treatment those children will come out perfectly all right, and probably they will come out perfectly all



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right anyhow! But you can help tremendously in their unfoldment. And if you hold this thought for them and are faithful to it, it will not be any time until the father will be more than glad to have you take the children for vacation times. All things come to those who *know the truth and hold to it*. Practice makes perfect, hold to your practice. And nothing can prevail against you and against those children.

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### *If It Is Too Late.*

**I**T is some time since this letter left you, and the trouble you name is usually quickly over one way or the other.

*You may depend that neither of those children will die prematurely unless he chooses in his soul to do it.* If conditions are too hard for the children, and their love for the mother very strong, then there might be such a thing as that a child would **CHOOSE** to go to the mother, in which case death might claim him.

If there is still a clear field for you, *you* can provide for them—no matter where you live or how often you see them—you can provide for that divine love of the Spirit which they miss in their mother. There is no distance in love!

And your love will eventually bring you and the children closer together, if you really express it to the children, as directed in this letter.

But possibly this little child has already passed out, *by his own choice*. Depend upon it, that he will *not* go until he **CHOOSES**. *No soul does.* On the chance that this may have occurred, I am adding this:

Remember, that these boys are **GOD'S INDESTRUCTIBLE SPIRITS**, whether they stay here, or pass on! If there is still time, you can make this world so beautiful for them, *in Spirit and in Truth*, that they will stay and develop in the natural way, to express God's divine loving being and doing in this world.

Bless you dear lady: God's divine perfection now moves to expression through you and through those boys, and through those old people, who must be won from darkness exactly as a room is won from darkness: by **BRINGING IN THE LIGHT OF LOVING**

**KINDNESS AND APPRECIATION.** It is not their fault that their thoughts are darkness instead of light—they simply belong to the older generation whose thoughts were filled with darkness instead of light. It is up to you not to *fight* the darkness, but to **EXPRESS THE LIGHT**, and appreciate that these old people are badly handicapped by their old habits of *thinking darkness and limitation*.

Arise, let your light shine in Spirit and in Truth! Do not try to *talk* to these old people, **DO IT IN SPIRIT**, in the silence! Deny that their old ideas and habits have any power over them, **AFFIRM** the truth of their being, as God's radiant, happy, healthy, loving, kind children here and now! Go in to win and stick to it.

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### *The Spirit in All of Us Makes the Election Unanimous!*

**T**HE election suits me all right, although I would have preferred to have Robert M. LaFollette president this year, instead of in 1928 or 1932!

The three candidates for the presidency were all first-class men, and I would like to have had all of them elected to run tandem! They were all good men, true to their convictions, and would do their best for All of Us.

But the big thing that should come out of this campaign and election, is a **GOOD STRONG LABOR PARTY**, and the returns on this are not yet complete, but **RUNNING STRONG**.

Glory to God in the highest in American Labor organizing a strong party to **BALANCE** the strong Republican Party of the employers of Labor.

Thus shall we have the two great irreconcilable halves of industrial America **BALANCED** by each other, and both sides liberated to express themselves in a government which shall represent All of Us.

What I like about our Next President of  
(Continued on Page 41.)



*The Publishers Affirm the*  
**UNITED NATIONS**  
*of the WORLD*



# The Subject Was a Man of 83; I Was a Thousand Miles Away

By B. C.

**The Doctors Said It Would Be a Miracle If He Lived a Week. Now, a Year Later, He is Better Than for Years. The Author Calls This Experience "The Most Wonderful Healing in My Knowledge"**

**T**HE subject was a man eighty-three years old. His ailment was pronounced by his materia medica physicians to be practically of the same nature as, but more aggravated in degree, than that of President Wilson a year and a half before he left the White House, and they said further that it would be a miracle if he lived a week from the time they diagnosed his case. All concerned accepting the inevitable, absent children and other close relatives were sent for, the last Will and Testament drawn up and signed, and the undertaker stood ready to do the rest.

I was a thousand miles away. Through a very intimate personal friend word came to me of the old gentleman's severe illness, and of the despairing verdict of his physicians. For special reasons which I need not name, I strongly desired his recovery, so I immediately proceeded with my absent treatments.

Nearly a year has passed at this writing. The subject goes daily to his place of business and remains at his post through the usual business hours of the day, frequently attends and enjoys the ball games, eats and sleeps well, and is in all particulars in better health than for many years previous to his serious illness. The "miracle" was verily performed, but neither the subject nor his despairing physicians know that I had aught to do with his healing.

"Just how?" In this case I put to the test for the first time a method I learned about in a theoretical way several years ago from the writings of the late Thomson Jay Hudson. Let him state the method in his words: "The best possible condition for the conveyance of therapeutic suggestions from the healer to the patient is attained when both are in a state of natural sleep; . . . such suggestions can be so communicated by

an effort of will on the part of the healer just before going to sleep."

("The Law of Psychic Phenomena", page 192.)

Further on, from the same work, I quote further: "All that is required on the part of the operator is that he be possessed of an earnest desire to cure the patient; that he shall concentrate his mind, just before going to sleep, upon the work in hand, and direct his subjective mind to occupy itself during the night in conveying therapeutic suggestions to the patient. To that end the operator must accustom himself to the assumption that his subjective mind is a distinct entity; that it must be treated as such, and guided and directed in the work to be done". (Page 196.)

While I used this method and got the desired result, I would like to state the "just how" process a bit differently, in some of its phases, from the way it is stated by Mr. Hudson. My idea in this regard is a little more nearly expressed by the words of the late Judge Troward, in his "The Law and the Word"; attributing the healing to "the power of the Word to start trains of etheric vibration. . . . The Word starts etheric waves; these waves produce corresponding vibrations in the soul of the subject; and the soul of the subject in turn communicates corresponding vibration to its body". (Page 97.)

Judge Troward elsewhere in this work makes it clear that "the Word" which starts "trains of etheric vibration" is not necessarily a spoken word, and need not be a definite word at all, but be just a strong impulse of volition and desire. And I used no definite words in my treatments, but just before going to sleep at night *willed into motion a train of life and health vibrations, and directed them*

*into the "soul of the subject" for communication to its body, which body is but the coarser part of the soul's equipment for the full functioning of the individual consciousness.*

I do not like Mr. Hudson's suggestion for regarding the subjective mind of the operator as a "distinct entity", for there is but one "distinct Entity" in the universe, and I, the operator, am myself that Entity. "I Am that I Am, and beside me there is none". I, the one and only Entity, do indeed function

through a polarity consisting of an inner and an outer pole. I the Infinite constitute the inner pole, and I the individual the outer. In submitting to sleep I cease functioning through the outer pole, and operate only from the inner. At the center I am in immediate contact with the soul of the subject, so can set up vibrations therein that will soon displace its consciousness of sickness by one of health and wholeness.

## The Evolution of the Healing Consciousness

By Thomas Parker Boyd

This Article Explains the Process of Using the Wonderful Power of Imagination as an Aid to Success and Health

### Lesson VII. The Picture Gallery of Health

**"MY** Imagination is Stayed on Perfection", is the formula by which the Psalmist accounted for the rise and glory of ancient Israel. Another seer of that ancient people accounted for their downfall by the wrong use of the "Chambers of Imagery". The two taken together furnish a basis for the idea that life is made or marred by the pictures one allows his imagination to form.

All manifestation begins on the desire to express. It is at first an unformed but imperious urge which is taken up into the imagination and by its action a mental picture is formed of what the expression shall be. When this picture is complete, there at once rises up into action the Creative Mimicry with which all life is endowed. This begins to gather and correlate the unseen substance of being into a material expression of the picture formed in the imagination.

Like every other power and activity of mind, imagination may be directed by the will or it may be allowed to run wild and form all sorts of hurtful images. For no matter what the picture may be, the creative mimicry at once begins to work it out into expression. In a previous lesson the will to be well was emphasized. The sovereignty of each individual life is guaranteed, in that each life has the power to direct all its forces and processes.

It often happens that there is impressed on the subconscious such a vivid picture of ill-health or poverty or inharmony or some other wrong condition that it does not yield at once to the few moments a busy life can find for "going into the silence", and affirming better things. You can figure out about what the chances are of being well, when you spend fifteen minutes actively picturing health, and the rest of the fifteen waking hours are spent with the deep seated picture in consciousness of sickness or some other ill.

These firmly implanted pictures we dignify with the name of racial consciousness, or hereditary impressions, or in more modern terms, complexes. No matter what their source, they will not go out until they are replaced by the habitual direction of the picturing power holding before the creative mimicry just the thing we want to be.

One of my patients told me that as long as she could keep right on affirming her well being she was all right, but the moment she had to get busy with the housework the old trouble returned. I told her that the picture gallery worked not so much in conscious action as in unconscious power. That we must impress upon her subconscious that it worked whether she consciously thought of it or not, and that it held only and always, the picture of perfect well being. I told her to take for her picture the idea held in the sentence:

## THE DIVINE ORDER IS NOW ESTABLISHED IN ME.

To fill her mind with the picture of what that meant; to see the stars move on in their courses; the planets around the sun; the procession of the equinoxes; the infallible and orderly processes of growth, and to include in the picture the same invariable power working in her every moment whether she was thinking about it or not, and that when her thought returned to the question of her welfare to immediately reaffirm the statement and let the picture rise up in her mind. It was the end of her trouble.

A young woman student in the University came to me with almost a total loss of memory. I found that she was working her way through school, and by the time night came was utterly exhausted. She first noticed that she couldn't remember what cards had been played, then she couldn't remember parts of her lessons, and then she began to be afraid that she was losing her memory. From that point her progress was rapid to the place where she could hardly remember her name. I explained to her that memory is always best when the mind is freshest. That she should get up early and do her studying while her attention was strongest. And that she was never to say or picture that she was losing her memory, but to actively picture and positively assert at all times, "my memory is perfect, I can recall anything I want at any time". In a short time her memory reacted to this correct picturing, and she finished her course with honor.

I have a friend who graduated from a college forty years ago, and with his sheepskin in his pocket started into the newspaper game. He served for a long while as a "hack" writer, and got five dollars per week for it. Finally he held a consultation with himself in his closed room, and decided to stay there until he found out why his mind didn't work so as to raise his income. After a day in the silence of his room there suddenly rose up in his mind this sentence: "Cold, keen-edged with wisdom". It started and kept right on saying itself over and over without any effort on his part. In fact, he couldn't stop it. After an hour of it, he said, "maybe that is what I have been waiting for". So he went out on the street, and ran into a fire scene which he wrote up in such a way that the next day his wages were raised to ten dollars per week. Promotion followed quickly, and with wise

investments he retired financially independent some fifteen years ago. His picture gallery raised him out of inefficiency and poverty to the highest achievement.

It is needless to say that one person's power to picture is more vivid than another. But even the person with a poorly developed imagination can develop it by judicious practice. Try looking at the simplest object as a chair or book or landscape until you get a good image of it. Then shut your eyes and try to reconstruct it. Better still, take a pencil and draw an outline of it. Try picturing out the faces of your friends. Or take the sentence, "The nerves of my body are the channels through which the living powers of the spirit are flowing to every part of my body", and picture that as going on. Such practices will soon give you a demonstration of the power of imagination to help you.

Try picturing out your real self as the spiritual being you are. That you are made in the image of God, that this image holds within it all the qualities of the divine Original, that whatever is in the Original is potentially in you, that you are the embodiment of all the principles of divine being, that because you are being in perfect being; that because you live and move in perfect life; that because you abide in being who is perfect health, that you live, move and have being in perfect health.

Then picture the fact that your body is an expression of this perfect self. Draw the picture as the old psalmist did when he said, "Thou sawest mind unformed substance before I was fashioned in my mother's womb." In other words look beyond the material substance of expression to the spiritual substance of perfect being. Get a good list of the correspondences of the body and its various parts and use this to help you picture out a perfect body. You do not try to make it work, just do the picturing and something within you will do the work.

I use this principle in all public healing services by laying on hands. The prayer just before laying on hands, is as follows: "Oh Lord, the Great Healer, who didst touch the eyes of the blind and they saw, the ears of the deaf and they heard, the tongue of the dumb and they spoke, healing the halt, the lame, the maimed, the woman bent double, the one with the issue of blood, cleansing the lepers, casting out devils, healing all manner of sickness and disease, and didst give thy servants authority and power over all human

ills, touch thy servant with the Finger of God, that the living power of the Spirit may rise up in him and make him well and whole, in the name of the Lord."

The purpose of the prayer is not only to get the reaction to the wonder working name, but to cause each person desiring to be healed, to form a picture of the highest healing potency any of us can know. And as this

picture of the healing Christ rises up in the imagination, the Christ within rises up and makes the picture true to them, by at once setting up the healing process.

Whether it is health, or prosperity, or harmony, or achievement in any form you desire, adopt the old seer's formula, "My imagination is stayed on Perfection."

## Healing Without Failure

By Brown Landone

**A Woman Had Been Ill For 20 Years. Famous Surgeons Said Only An Operation Could Save Her. But She Was Healed Without An Operation And This Article Tells HOW**

### Article X. The Importance of the Darkness Called Light

**S**INCE the time of Luther, hundreds of books have been written and thousands of sermons preached about the meaning of "dividing the light from the darkness". In all such discussions, the emphasis has been given to LIGHT! Darkness has, in a way, been considered as a condition to be condemned,—something from which light is redeemed by being separated from it.

Yet, since God made *all* things, certainly there is nothing to condemn, and it is our need as well as our duty to understand this darkness,—for it is very important in the first day or step of manifestation.

You have already learned that *Creation* is ONE phase in bringing about what you want and that *Manifestation* is ANOTHER. As God revealed it to Moses, creation is four-fold *process* taking place in consciousness. And as God revealed it to Moses, the seven days or periods of manifestation are the seven *steps* by which God CHANGED the creation in His consciousness INTO the reality of actuality!

We now begin this Period of Growth called the FIRST DAY or first step of manifestation of that which we have already created in consciousness. In this day or step of progress, darkness is of the utmost importance.

In one of the early articles of this series, I explained and emphasized the meaning of

*divided from*, as used by God in His process of creation. Now we come to God's first *application* of this—the first step in manifestation,—*dividing the light from the darkness* and the calling of the darkness NIGHT.

Also in another preceding article, I have already given you some explanation of the true meaning of the Hebrew word which is translated *light*. I may repeat a little but I do so only to make this clear in this particular article.

The Hebrew word translated light is OR. It is formed of two letters, our English A and R. This is a basis root in the Hebrew language. Many derivatives come from it; one is translated *earth*, another *air*, others *water*, *fire*, *light*, respectively.

In this particular verse, however, and in this revelation of creation none of the derivatives are used. It is the *basic* root OR which is used. It means *innate power and movement outward*. It is this infinite power which in various forms of expression does RESULT in earth, water, air, fire, light, et cetera,—BUT in this verse, it is the infinite power ITSELF that is meant, and neither physical light NOR mental enlightenment.

Now turn to the word which is translated *darkness*. It is not the Hebrew word which is usually translated gloominess or night. It is the Hebrew word CHOSEK. Other words from this root are CHASMAL mean-

ing *amber*, and CHOSHEM meaning *breastplate* or *armor*.

Certainly at first, you see no similarity of meaning in *amber* and *breastplate* and *darkness*! But, when you remember that in ancient times *darkness* was always considered to be hard and *solid*, you begin to understand. The word which is translated *darkness* is made up of two parts. The first means *made by a forge*; and the second, the PROCESS OF HARDENING.

Hence, since the ancient Hebrew considered amber to be a very hard stone, it was given a name which suggested that it had gone through the process of being hardened; and since a breastplate was hard enough to protect its wearer from the arrows of enemies, and since it was made of metal that had been hardened at the forge, a similar name was given to it.

Having learned previously that the Hebrew words which are translated *divided from* actually mean PERMEATING IN-AMONG-IN-AMONGST, you can see that the process of *dividing the light from the darkness* is the process of the INFINITE POWER OF THOUGHT HARDENING ITSELF INTO ACTUALITY.

And the key word of this is that God called the darkness, NIGHT!

The word translated NIGHT means to *join together*, to *knit together*, to *knit together as a form*! Consequently, this first day of manifestation—this first STEP in changing your thought ideal into reality is the process of *knitting your innermost power into a hardening form* to secure ACTUALITY. Certainly this means unifying consciousness with action to turn thought into something real and tangible.

To illustrate this I give you a story of a remarkable healing—a healing attained by the soul's self and the God-within,—for, in Truth, all healing is of God and the God-Within-You. And healing includes changing all conditions that need to be changed,—whether bodily ills, or ills of the pocketbook, or ills of inharmony and friction in the home or in business or in life in general.

It is the story of a woman who has been ill for twenty years—a whole generation—and seriously ill,—so ill that much of the time she did not have strength to do even the ordinary things she wished to do.

She had gone to physician after physician, specialist after specialist; she had read and

studied various phases of New Thought and Spiritual healing. For the last three years she had been on a milk diet because the physicians and specialists, who had examined her, diagnosed her trouble as ulcer of the stomach and small intestines and insisted that any other diet would soon cause death.

Two great physicians and surgeons (to whom pilgrimages are made by hopeless cases from all parts of the United States) had told her (1) that there was but ONE thing to do—to have an operation; (2) that if she did not have the operation, she could NOT expect to get well; (3) that there was NO certainty that the operation would make her well; and (4) that, if she did not have the operation advised, it would be absolutely necessary for her to live on a milk diet without a mouthful of solid food during the time she might continue to live,—for any solid food would irritate the ulcer and at once make it much worse.

I offer no criticism at all of these surgeons as great surgeons. They are two of the greatest surgeons in the world; but, as diagnosticians, they are often radically wrong. So also are many other diagnoses and conclusions often wrong when made on the basis of the X-Ray photographs, as was done in this case.

In the examinations of the conditions of this particular woman, many X-Ray photographs had been taken and on each a dark spot—a cloud, a blur—was shown to exist at the place where the stomach opens to the small intestine.

What I am writing now is written to remove your fears if due to such an examination. The X-Ray is a marvelous factor in science; it, ITSELF, is absolutely certain; but the INTERPRETATION OF THE EXPERTS, is VERY UNCERTAIN! ANY CONGESTED CONDITIONS MAY PRODUCE JUST SUCH A BLUR OR SPOT AS AN ULCER OR A CANCER PRODUCES. And hence, if the expert's mind is thinking of ulceration or cancer, he is likely to interpret the X-Ray photograph as indicating cancer, although the blur could be caused by any one of the hundred other conditions.

In fact, when we first entered the great war it was the intention of the Medical Department of the Army to X-Ray the lungs of all men taken into the army to determine which men had tuberculosis. Shortly, the attempt was dropped. The reason has been kept secret! It is this: The X-Rays taken showed

spots in the lungs of EVERY man so photographed! Consequently, if the medical official had continued to accept the diagnosis which had been previously believed, they would have been compelled to conclude that EVERY man HAD a Serious Case of Tuberculosis of the lungs! As such a conclusion would have been ridiculous, it was realized that something was wrong with the interpretation of what the X-Ray photographs showed.

Consequently, if—in your case—X-Rays have been interpreted as showing certain ulcers or cancer, recognize that the X-Ray photograph is correct in showing the blurs; but understand that the blur proves nothing as to the presence of ulcers or cancer.

Now to go back to the case of this particular woman who was given such a pessimistic diagnosis. She refused to have the operation performed. Just why no one knows. Certainly it was partly intuition; but mostly a feeling that an operation was *not* needed in order to make her well, because she recognized that all power to heal resided in God and in her own soul!

She recognized this all power; she believed in it; she believed in it from the time the diagnosis was made until she came to me about two months ago. Understand here was an absolute recognition of the ALL POWER OF GOD and the power within her own soul to affect the healing,—in fact, the power to eat what she wished and needed to eat and the power to give up milk and live on the diet of a normal adult!

BUT, this consciousness of power had never been *knitted together* with actual action in her case. The thought of all power and the *act of using* all power—eating whatever she desired and needed—had never been UNIFIED as one.

All I did was to help her unify these two: I did NOT ask her to stop the milk diet. I did NOT ask her to eat this or that. I did NOT put her on a restricted diet. Instead, I told her not to care a rap about anything—whether in relation to her health or in relation to her diet. In fact, I wanted to use a word of much greater spiritual power than the word “rap”.

Now do not be shocked; there is a little word which begins with “D” and ends with “n” that is of mighty spiritual power when used for *yourself and used for yourself alone* to make your soul know that all power that

exists is within your soul, and that there is nothing *outside* of your soul which can in any way interfere with your own soul power.

If you use this word in condemnation of others or in expressing your opinion about them or to them, *it certainly does a lot of harm to you* and not a thing to the others. BUT, if you use it for yourself in an idealized way to help you recognize your own soul power it becomes a God-word of spirit power helping you to free your soul from a thousand little devils of fear—beliefs in powers outside yourself.

It was the banishing of these fears which this woman needed in order that she might knit the consciousness of the God power within her body to take care of whatever her body needed as food,—to knit this thought *with* the actuality of the daring *act* of giving this power the opportunity of *doing* its work. As soon as she took this attitude, there came increased strength and vitality, — because strength and vitality come from the consciousness of power within.

She *knitted thought and action together*, the thought of ALL-POWER which she had been holding in consciousness *with* what she wanted to DO to give her body whatever it desired as food. She knitted thought with the action; and within a week she was eating potatoes and chops, ice-cream, pumpkin pie, steak, cold slaw, et cetera; and doing better than she had ever done on the milk diet,—increasing in strength and vitality from day to day.

Within another week she was doing many hours of work a day, and within the month she was working many hours *every* day. For instance, one day in the fifth week she started for New York at ten o'clock in the morning; made an hour and a half trip; shopped all day; returned at six o'clock in the evening; and worked until three o'clock the next morning at making a new dress for herself. She slept until eight o'clock and felt splendidly the next day and the day after that and the day after that.

All this soul needed was to “knit together” the consciousness of all-power WITH the action related to it.

Know this: GOD GIVES MAN THE POWER TO DO THAT WHICH HE DESIRES AND NEEDS TO DO. Strength and power come to the individual when the thought is knitted with the action.

The God in me gives me the power to do whatever I desire to do and it comes into

manifestation when I knit my thought with my action and unify them.

Glorify the Darkness of the first day of creation. It is the knitting together of con-

sciousness with action; it is the *first step* in bringing to you the actuality you desire; it is the first real step in true unity of living and creating like unto God!

## Little Journeys Into the Subconscious

By Claude William Chamberlain

### V. The Subconscious Cause and Cure of a Case of Kleptomania

AS will be noted in the study of the subconscious, the instincts are constantly overlapping or rubbing elbows with each other. In exploring the area which has to do with self-preservation we find our search has brought us in contact with the instinct of sex, or of pugnacity, or of some other of the inherent characteristics of the mind.

Betty Lloyd, the nineteen year old daughter of a wealthy southern widower, was brought to the institute by her father, Col. Lloyd, who informed me that Betty was unable to resist the thrills that are said to go with shop-lifting.

As she had plenty of pocket money and a reasonable allowance the Colonel could not understand why the girl would persist in stealing at every opportunity. Betty, a very pretty young woman, had no alibi to offer except that she simply could not resist taking the pretty things that she saw in the stores even though she had the money with which to pay for the articles.

The word association test in which I gave her words one at a time for her to answer with a word of her own brought out such associations as follow:

silk .....	love
clothing .....	soft
steal .....	love
father .....	obey
pretty .....	feel
love .....	Will
satin .....	love
lace .....	marriage
sensuous ...	pretty things
passion .....	sweetheart
petticoat .....	feel
marriage .....	steal

Her words indicated that there was a love affair and so I started her to talking about

"Will". Betty was quite reluctant at first as she had tried, she said, to put marriage out of her mind because her stern father had refused to let her associate with young men.

She had learned of her mother's and of her father's early life only through women acquaintances who told her that her parents had been very passionate sweethearts and that after the early death of his wife the Colonel led a very wild life. Betty had been placed in a convent at an early age and had been denied many of the pleasures of childhood.

The Colonel had managed to instill one particular idea into the girl's mind—that of absolute obedience as regards her association with young men and boys. After leaving the convent Betty was not allowed to go out without being accompanied by the Colonel or with a trusted woman companion. The primitive love instinct was repressed and unknown to her until one day on the street her woman companion was run down by an auto driven by a handsome young man, Will Stanhope by name.

The woman was but slightly injured and Will took the two in the car with him to the Colonel's home, from which he refused to be driven until assured that there were no serious injuries to Betty or her companion.

That he had fallen wildly in love with Betty was apparent and the Colonel forbade him the home despite the fact that the young man was from a good family and quite wealthy.

The effect upon Betty had been tremendous but her obedience to her father was predominant and she refused to allow the young man to see her. She had tried to smother her feelings toward Will Stanhope only to find that she was wildly in love with this almost total stranger. They had seen almost nothing of each other since the accident and Betty

was glad because she had developed a most acute attack of kleptomania.

She had spent many hours in self-condemnation, which being nothing more than auto suggestion, increased the hold that the disease had upon her.

While under my care she was taken to a department store and though she was closely watched came away with several articles, including silk hose and underwear. I came upon her suddenly one day fondling these articles and she was much distressed at being caught. Her only defence was that she couldn't help loving the pretty things.

Taking the Colonel into my confidence I reproached him for his bitterness and intolerance toward the normal love life of his daughter. I reminded him of his own early escapades and explained that with the same passionate nature in his daughter, it was criminal for him to deny her a normal outlet for the sex energy.

Finally he saw the wrong he had done his daughter and Will Stanhope was sent for. He came willingly and was assured that the Colonel had had a change of heart. The young people were thrown together and Betty who had been a listless and disheartened creature became transformed.

All of the pent up energy of her lovely self was directed toward the one goal—her

sweetheart. The instinct of acquisitiveness which had overlapped the instinct of love when denied expression, now was normally directed and she had only the normal craving to touch and fondle the soft silky pretty things that had so appealed to her sense of touch.

Possession of her lover's companionship provided a normal outlet for the instinct of possession and we proved that the kleptomania had been overcome when we gave her ample opportunity to steal the things that had in the past driven her to crime. They had been symbols of the denied love and now that love had come to be normally expressed they no longer appealed in the same way.

Betty went to work to return all the articles that had not been accounted for and then laid her plans for marriage. Will Stanhope was taken into the secret and it made him love Betty none the less. He promised to bring her back to me if the mania should return after their marriage and as several years have passed since then with no signs of it it is safe to believe that Betty is a normal wife and mother.

Occasionally we find the disease produced by poverty but given intelligent correction the instincts for beauty and luxury can be properly directed by self-knowledge and education along moral lines.

## A Day of Mist

By Frances B. Damon

**T**HIS is the day the Lord hath made  
 Out of uncertainty and shade.  
 This is the day he hides his face—  
 Heaven and earth reveal no trace.  
 Shall it not quicken thee to seek,  
 Murmurous spirit, slow and weak?  
 Shall it not spur the empty hand  
 Beauty to bring at thy command?

Stand to thy task: from vale to hill  
 Fling the enchantment of thy will.  
 Silken and pink the thistle-hedge  
 Plant by the old blue pasture ledge;  
 Crimson and bronze the seeded dock  
 Paint where the motley sparrows flock;  
 Build the grey walls that fondly keep  
 Orchard and hive and nibbling sheep  
 And a moss-girt tub with dripping brink  
 Where a goldfinch zigzags down to drink.

Never can day of shade or mist  
 Charm of the willing heart resist.

# A Dream Prevision of the Great War

By M. W. H.

Important and Tragic Events Foreseen in Dreams Long Before Their Actual Occurrence

**B**ORN in Westphalia (Germany) from a very old family, I knew that my mother and sister had many dreams which came true. I read once somewhere that the Westphalian and the Irish people are very often "second-sighted" or clairvoyant.

I dreamed at a time when nobody thought it was possible that the world war would happen so soon.

It was in Germany, June 1914, where I had just arrived from the U. S. to visit my folks when I dreamed I was rushing to an ocean steamer in my house dress without hat or luggage and I begged the captain to take me back to America. I had to go right away even without a ticket. When I awakened I had the feeling of a great excitement which I had experienced and the dream worried me greatly.

This dream came to me as a warning to return then in haste to the U. S. as I had left there my dear only son and by not following the dream of warning I never saw him again as he died a couple of years later, while I still had to remain in Europe, as I was a German.

A few days after this dream, another one came to me. I saw the years of war which I would experience. I was looking in my dream upon a ripe cornfield (the war started just when the corn was ripe) and I saw there a bird. Looking longer, I saw it was an eagle which grew larger and larger while I looked at it. (An eagle is the emblem of the German Empire. The army grew from day to day). I saw then further in my dream the trains full of soldiers going away. After that I went in my dream to a country place (village) where I raised vegetables which I enjoyed. After this dream-picture I saw myself in a big city which looked like a fortress. Nobody was allowed to leave that place and the ground was bare, nothing grew on it, everybody starved. (These two changes I actually made in the next few years of war and food in the big city where I had moved became so scarce that for most people starvation was not far ahead).

At last I looked in this same dream to the sky and a white horse wrapped in black veils appeared there. (A white horse was the symbol of peace in olden times). When I awakened I told my dream to my people and made the remark the war would have a sad end for Germany.

Another dream foretold the revolution in Germany, the flight of the ex-Kaiser to Holland, the change of the old German flag into another one. It would lead too far to relate this dream here.

Already as a child of seven years I had remarkable dreams giving warnings of personal future events.

My son died suddenly in California while I was in Europe. I had no idea of his death. It must have been at the same day when this happened when I dreamed that I was in a strange American city and went into a house and going upstairs a closed coffin was carried down by four men. While I was staying there I heard a funeral march which seemed to cut my heart with agony.

I have never seen the house where my son died, but I am sure it is the same house which I saw in my dream.

Recently I dreamed that I was in a house in a seashore resort. I could see from the window the ocean. It was the last house in the street and opposite there was a house which had a front garden with plenty of azalea flowers in it. I had no idea when I had this dream that I would take a vacation and that I would go to the seashore, which I never did before.

Two weeks later I went to the shore and to my greatest surprise I took a room in *exactly the same house and opposite there was the house with those flowers I had seen in my dream.*

The borderland between life and death is dreamland. Not always but sometimes one's soul reaches that region where those who have gone can come too.

My numerous dreams of this grade have given me the assurance that life is without end and there is a going on forever and ever. Those who have loved us never cease to love

us and they know when we are contented, sad or when we are in danger to make mistakes, or face trouble.

I write this trying to give some consolation to those who have lost their dear ones by death. God be thanked, there is no death.

## How I Made Myself Over

By Mary Ann Hope

How a 13 Year Old Farm Girl Found Happiness and Efficiency Through New Thought

**M**AKING over one's self is indeed a slow process, but in the end it pays a hundredfold.

To be truly happy we must live the efficient life with love in our hearts and service in our hands. How I acquired this "love", the greatest thing, I will tell as simply as I can, hoping that some discouraged little sister may come across my story and thereby be encouraged to carry on.

First, I will tell something about the circumstances that surrounded me. My home was on a farm in a part of the "show me" state which is most beautiful. I had five brothers who spent most of their time at home; my mother was partly deaf, my father a mean, wicked man (if my readers will pardon this) for he never took the least interest in his children and his good wife.

I was attending the rural school of our district and was unusually smart in my studies, being ahead of the class most of the time. But I was forever getting into mischief. One day I'd have to sit on the library table and face the school; the next, perhaps, I'd spend some time in the corner; the next I'd probably have some innocent one into mischief, with the consequence we'd both have to balance ourselves on a box and keep our eyes on a certain spot.

Yet inwardly I ever longed to be quiet and good, and at home I would determine to be good at school, and while at school I wished to be good at home. The fact was I could not be good at either place. At school I could not be good because of my natural love of mischief and at home because of the attitude of those around me. With a mother partly deaf and a raving father one can imagine how hard it would be for a child to control its thoughts, words, and actions. Such was my lot.

At this time I was attending the Lutheran Church (my father was kind enough to let me have a horse and buggy), and I never failed to have my handkerchief wet as a wash rag at the end of each sermon. I feared the "Big Man" sitting in a golden chair in the skys above would let me die and burn me with fire and brimstone.

One little incident I remember well: The minister told about the good people having to suffer and starve while the wicked ones who worship the Devil would be happy and prosperous. Well, this tickled me. I went home with the determination to be meaner than ever and pray to the Devil with all my heart for if he would give me happiness and prosperity (just what I was seeking,) he could have me when I died. About this time I read the book "The Devil and His Works." In it were pictures of him (you know the kind, with horns, etc.), and so I would form a mental picture of him and tell him all my wants! The result, as you can imagine, was that I got into much trouble, became poorer than ever, besides getting sickly, and so ugly. My evil thoughts were eating into my flesh, in fact, getting the best of me in every way.

During this time I was also taking confirmation lessons from the minister. When I had finished I kindly told him I did not want to be a Lutheran. I fairly worshipped this man, for he was truly wonderful and so dynamic and although he had found Life in the doctrine he believed, I sure could not agree with his views. After this little incident I gradually stopped going to this church.

Then came to me the first dawn of light. My brother bought a copy of *Nautilus*. Well, it would seem silly to me now the way I studied and pondered over it so much. I couldn't grasp the meaning of the truth therein, but I was searching so hard for under-

standing. I was still seeking happiness and prosperity and as the Devil failed to give them to me I was willing to try anything that came my way. Often while thinking over the truths in *Nautilus*, a feeling of Goodness would come over me and I would go do some good deed; but always the old tempter, Doubt, would get the best of me.

Soon after *Nautilus* fell into my hands, I finished my eighth grade studies, at the age of thirteen. As I said before, my father took no interest in me so of course would not send me to the city high school.

After this first number of *Nautilus* was read almost to pieces I decided to get another. I digested the many good things in it and also got the booklet "The Gist of New Thought." I read and studied it thoroughly, and, as I had a friend who was very sick, I took it to her thinking she too would grasp the light that gives health to all. Instead, she pleaded with me not to believe any such fool things. However, I told her I believed I had found the truth of life and that she could not discourage me in my new field of thought.

I read something about Christian Science in *Nautilus*, and as I knew there was such a church in my town (for I had heard it condemned) I decided I would attend it if only for curiosity. I went and was refreshed, indeed. Everything seemed to be in harmony there. I went to the reading room and bought a copy of "Science and Health," read it many times, and absorbed all the good in it. Yet I seemed and looked so miserable outwardly, that people would shun me. Inwardly I was struggling, wrestling, trying so hard to hold the light I had found.

At the age of fourteen I took up the study of the violin. This was an inspiration for I loved music, in fact, I had an inner love for all things good and beautiful.

Just as I was ever seeking for that "kingdom within me" so was I longing to know my life work. I had the idea that if I could just get away from home, away from these awful circumstances, I could succeed. Still, I felt this would not be right. I must rise above them, cultivate what talents I had, and look forward to a better day. It was getting easy for me to think along these lines, but so hard to put my thoughts into action.

Then the thought dawned upon me to write and so I did write many songs, poems, stories, plays, etc. Although I never made any money out of them, it was an inspiration and

helped to transmute the evil thoughts I was fighting.

*Nautilus* became my constant companion. Also the Bible I cherished and studied. But this is getting ahead of my story. Never a moment but I was fighting the evil thoughts and ways so firmly established in my mind. To fix a good thought in mind I would have to affirm it over and over again and usually in a whisper, or audibly, to make it stick.

I also found that the reason I became discouraged so quickly was because I tried to be perfect without enough practice. Another fault was that I preached without practicing. I knew what was right, and could tell others, but could or would not do it myself. When the least thing did not go my way I would fall into the same old rut of discouragement, (the greatest of Devils).

After months and months of struggling I got my thoughts and actions where I could control them some better. I had not yet learned to pray aright. I knew how to do this too, but it seemed as though my thoughts could not get settled and, of course, to pray we must be able to silence all conflicting thoughts and concentrate on our prayer.

I read the best literature and as many good books as I could find in the neighborhood, always trying to keep my thoughts centered on good things so that I could push these unclean thoughts out by the roots. But dear friends, it has taken me five good years to uproot them.

Now at the age of seventeen I am a new woman or girl, rather, as every one remarks my youthful appearance. And not only have I made myself over, but my father has become a member of the Methodist Church, he and I joined together and attending regularly. He is now indeed an ideal father.

How did I accomplish it? By prayer, earnest prayer, which knows that "whatsoever ye shall ask in prayer, believing, ye shall receive." By practice I learned to pray aright and today I can pray in the theatre or on the crowded street and feel just as sure of my prayer being answered as when I pray in church.

My mother is the dearest one on earth to me, and although she is deaf, she and I work in perfect harmony. She reads *Nautilus* and dearly loves it. My brothers are all healthy and successful. My youngest was in the severest battle of France, yet returned without a scar. Just to prove how protected he was listen: there were only twelve of the two hun-

dred and fifty men in his company that returned alive. Needless to say, I spent much time in prayer for him, and how glad I was to hear him say upon his return, "Sister, I believe your prayers saved me, for often I thought my time had come when a 'still small voice' would whisper, 'not so'."

As to myself, I'm the happiest person alive, always thinking love thoughts and trying to serve others, which is the greatest accomplishment one can have. I can control my thoughts and actions and feel my Oneness with God, or love.

I am proud that I have risen above my circumstances, and although I know I have much to learn of life yet, I will succeed with

love as my companion. The future looks great, the past is forgotten for, "I am the Master of my soul, the Captain of my fate."

I have told the truth and am not ashamed of it, for "all's well that ends well." Experience has been my teacher, and I have stood many a hard knock, but it has all given me a grander conception of life, and taught me never to be too quick to judge another no matter how worthless they may seem to be, for may they not be fighting the same demon that I myself wrestled with? I have learned to love the sinner as well as the saint, for after all we are all the children of the same good Father, and all belong to the one grand brotherhood.

## The Magic Word

By Dr. Juno Bell Walton

**W**HY is it that the promise—"He that calleth upon the name of the Lord shall be saved," has not been fulfilled? Because "Lord, Lord" is not His name, "Lord" being only the symbol of His power. His name is, "I Am", and that is the MAGIC WORD which must be spoken in order to be saved.

And when we call upon the Great Creative Spirit for help, for health, for life, for supply, and say—"I AM Supply, I AM Health, I AM Power," positive invisible forces of universal Health, Wealth and Power are set thronging in our direction, to give us our heart's desire, and by the Power of the Law of God set in operation by our own words, we are saved.

It is when the *personal* sense of the "I Am" has been taken that the affirmation "I Am" is used. One who is ill may say—"I am Health!—but at the same time I know it is not true," for the realization of pain is greater than the realization of health. People often say—"How can I say 'I am Health' when I am not!" They say—"I do not speak the truth." This is because they have only the personal concept of the "I Am"—they think of the self instead of the Great Creative Spiritual Intelligence who is the Father of ALL life, the Source of ALL power. The repetition of the statement "I am Health," helps one to become positive and in this way it is a healing vibration, but it is not the true use of the "I Am."

One must realize that it is the name of the universal consciousness that is being spok-

en; that the "I Am" is the ALL powerful, ALL wise; ALL knowing, ALL creative spiritual intelligence which makes all things perfect, coming quickly to make all things whole, to heal, to bless, to prosper, according to the WORD that differentiates—health, supply, love, etc.

Repeat the affirmation this way until a fuller realization of the strength and power of it is attained,—**"THE I AM that I am."** Realize first, the great "I Am" as Jesus did when he said "All that my Father hath—then know that it is for *you*—is mine, now," and demonstrate your faith by saying—**"That I am."**  
**"ALL THAT THE FATHER HATH—IS MINE, NOW."**

<i>God</i>		<i>Man</i>
I am Health—	that Health	<i>I am now.</i>
I am Wealth—	that Wealth	<i>I am now.</i>
I am Love—	that Love	<i>I am now.</i>

It is the same in meaning as the words of Jesus—

**"THE FATHER WORKS AND I WORK."**

Repeat the "I Am" over and over until Divinity has been established within your own selfhood and you can say with the capital A—"I Am that I Am." To him who repeats these words of truth, goodness and mercy shall follow him all the days of his life, for

**"HE THAT CALLETH UPON THE NAME OF THE LORD SHALL BE SAVED."**

# How to Free and Use Your Stored Energy

By Anne Sturgis Duryea

Author of "American Nerves"

*At the age of eighteen Mrs. Duryea was told by a prominent Boston physician that she could not go to college and that she might never be able, on account of her "delicate nervous organism," to use her mind more than an hour a day as long as she lived. She DID go to college, however, and is at the present time able to work ten hours a day when it seems necessary. She specialized at Wellesley College in psychology and education. She was one of the first students in this country of the theory of psycho-analysis. In this series of six condensed lessons she will give her readers simple directions by which to RELEASE STORED ENERGY.*

## I. Turning Knowledge Into Power

**T**HE desire for power is universal.  
It is a natural desire, resulting from fundamental human instinct.

The fundamental human instinct, is that of self-preservation.

The possession of power makes a man feel safe.

The practical man is interested only in that which he can turn into power.

He wants power to make money, but he wants money in order that he may have a sense of power.

There are many sources of power, and one is as good as another to him who knows how to use it to create power.

The old saying that "Knowledge is Power" is not always true, though it can be made true.

Knowledge that lies in the mind but is not used can never be a source of power.

Knowledge that is used, turned into energy at the right moment through action, is the greatest source of power.

A man has taken a dose of poison: in a few moments he will be dead. He knows the antidote stands on the table beside his bed. That knowledge is not power. Knowing it he will die in twenty minutes.

If he turns his knowledge into action by stretching out his hand, taking the draught, swallowing it, he transforms his knowledge into power—power to save his own life.

A public man prominent at Washington said some years ago "I know that if I would just lift my body slowly on my toes twenty times morning and evening, it would preserve my health, but I do not do it."

Yesterday I met him looking pale, thin, old. He said "I've had to give up, cut everything, going on a long vacation."

On being reminded of the conversation of ten years back he said "I knew, but I did not convert my knowledge into action. Here I am! a man without power!"

Not only must knowledge be turned into action in order to become power, knowledge must control and direct energy, to prevent its becoming destructive force.

The habit of mental control over both internal and external energies is the only thing that results in power.

The President of one of the greatest corporations in this country originally refused his election. He said "I have no time even to attend your meetings."

He finally accepted an enormous salary for attending the company's annual meeting only. His great value lay in his habit of making quick decisions. He had learned to convert his knowledge instantly into power.

Any one who is sufficiently interested in himself to read this, to insist on remembering it and acting upon it, has stored a valuable supply of practical energy.

**W**E subdue that in others which we have learned to subdue in ourselves.—MAETER-LINCK.



# Views and Reviews

## By William E Towne



HAVE YOU A CONSTRUCTIVE AIM BACK OF YOUR ACTIONS.

**D**ESTRUCTIVE acts (except with an ultimate constructive purpose behind them) lead to inharmony, unhappiness, hell.

Constructive action is the instrument that creates harmony, happiness and leads toward the state called heaven.

Analyze your own actions for just one day and see if this is not true.

And it isn't for yourself alone that you thus create heaven or hell. All with whom you come in contact are affected in some degree by your acts and by your mental attitude.

In an article in November *American Magazine* a writer tells of his experience as a young business man. Working over time, on a hot August evening, alone in his office, an old man, an officer of the company, came in and by his conversation filled the young man's mind with images of discouragement, and the great burden of existence generally.

When the old man had gone, the writer of the article "walked over to the window and looked out. A half-hour before the city had been a fairyland of twinkling lights beckoning to triumphant adventure. Now they were different somehow, dim and lusterless. I turned back to the desk but I could not seem to get started again. Through my mind the gloomy words kept repeating themselves: 'Life is a good deal of a grind.' I fussed around for a little while and finally pulled down the lid of my desk with a bang and went out."

What had happened? The croaking of an elderly pessimist had turned this young man's thought currents from a constructive into a negative force. Had he allowed the negative thought pictures to possess his mind for any length of time, his business activities would not only have reflected the negative influence but he would actually have come to exert a disintegrating, destructive influence upon the business, just as did the elderly official who at every conference of the directors "pro-

claimed the certainty of decay and disappointment."

One who is perhaps entitled to be called the world's greatest business man said the other day: "When we fail to get what we want in our organization we try again in some other way."

That is the spirit of constructive action that cannot fail, and that brings happiness in the meantime.

Nowhere does the spirit of destructiveness work greater havoc than in the close relations of family life. One person with fixed destructive tendencies can disorganize a whole family. And one person who is filled with the spirit of constructive thought and action can do much to redeem a whole family.

A recent letter from a man who has been ailing and unhappy for several years, unable to work in his former efficient manner, traces his trouble to a time when he had a series of quarrels with a wife who poured out her destructive, negative thought force upon him in so violent a manner that his psychic forces were permanently disorganized by the reaction. Of course he could have given this reaction a different direction. He could have refused to take into his own mind the view of life and of himself, which his wife presented to him. But, as is often the case under such circumstances, he was swept off his feet and drawn into the destructive current.

Another letter from a young woman who has recently acquired the constructive attitude toward life through reading *Nautilus*, describes how her whole family has begun to respond to her own changed habit of thought. Some members who heretofore have always presented the negative and disintegrating viewpoint that paralyzes effort, have now begun to speak in a new manner, touched with the constructive spirit, and the whole family is gradually turning its psychic forces into action along constructive lines and is thus creating more health and success for each member.

So just watch yourself for a time and see whether your thought, words and acts are con-



## VIEWS and REVIEWS by WILLIAM E. TOWNE



structive in their nature, or whether you have fallen into habits that inhibit successful action on your own part and discourage positive and successful action in those around you.

### LARGE RESULTS ARE BUILT UPON A FOUNDATION OF SEEMING TRIFLES.

**R**EADS like awfully old stuff, doesn't it? But it is soundly based upon the laws that underlie human nature.

For it is comparative trifles in action that grow into *habits* and man is indeed largely a bundle of habits.

Such little things as getting up at a regular hour in the morning and distributing one's clothing neatly on retiring, have a profound psychological effect on general efficiency.

You see, energy is scattered by trifles. A stream that flows full force may drive a great mill but if the same stream is diverted into a dozen or two small channels it may become impotent.

Your psychic force is exactly like that. Concentrate it upon one thing at a time and you can accomplish wonders. But if your force leaks away to a hundred minor distractions during the day, you accomplish little.

And this is all a matter of *habit*. If you allow yourself to live without self-control and discipline enough to get up at a regular hour in the morning and to apply yourself to your work without being distracted by side issues every few minutes, if you cannot keep a reasonable order in your personal habits, how can you expect to develop the power to direct and control your force in the greater and more important activities of life?

All the little habits of carelessness act as inhibitions on your success. They draw off from the stream of energy force that should be serving the important aims in life, and waste it in trifling fancies of the moment.

Did you ever notice that the failures of both sexes are always ready to spend hours in talking *about* what they have done, what they would like to do, etc., and that when they get a chance to work they stop at the least excuse and talk in the same key to anyone who will listen?

The habit of taking things easy, of talking

rather than working, has so taken possession of them that not even necessity can force them to concentrate upon continuous hard work.

And this is just the result of habits, little habits both mental and physical. Time wasting habits. Allowing petty distractions to interfere with one's work. Day dreaming and phantasy that intrudes during the working period, and cuts down both the quantity and quality of output.

William Muldoon, the famous physical trainer, says that the reason the average man finds it so hard to obey directions is that he is not "*schooled in alertness*."

It is *inattention* that leads to the creation of a whole brood of sloppy habits. Because we are inattentive to what we are doing, allow small distractions to continually creep in, we lose our sense of alertness. *We form the habit of mentally drifting*. And that means great and continuous waste of energy.

Let no one be discouraged, however, because he does not find it easy to apply himself. It is a tendency common to all human beings, and is due to the fact that we are only just emerging from the child and savage state of consciousness.

Civilization makes great demands upon our powers of concentration, and we have not yet become well grounded in the habits necessary to live up to its standards.

More attention to small habits will bring us better results and increased power over the outward world.

### ARE THERE NOT TIMES WHEN IT IS BETTER TO LET JUSTICE SLUMBER?

**F**OR instance: Haven't you known many homes that were kept in a turmoil by either the husband or the wife being overzealous for his (or her) "rights"?

Often the real or fancied invasion of these "rights" (which to an outsider might seem very trivial) is resented with a nagging insistence that ultimately destroys love and harmony.

Justice is the foundation of all human society. A reasonable amount of justice is essential to marital happiness.

But when justice is pursued with such ob-



## VIEWS and REVIEWS by WILLIAM E. TOWNE



session that it completely overshadows charity, and a willingness to forget wrongs that may have originated in thoughtlessness and misunderstanding, it becomes destructive in its effect and takes on all the qualities of a bad habit.

Even in the case of very real wrongs, the individual can often serve society, his family and himself better by letting go the idea of extracting justice from a difficult situation.

It is a question whether the drive that keeps one seeking justice, even against his own best interests, is not largely due to vanity or an inferiority complex. One wants to "vindicate" himself before the world; to "show up" his enemies, etc.—for what? Because his own vanity does not like to face an adverse judgment from the world. Human nature, you say. True, but human nature that is yet undeveloped and in the infantile stage.

Here is an amazing true story, recently related to us by the wife of the one concerned. It is given here in all kindness, simply as an illustration, and should this reach the eyes of the narrator, I hope she will pardon us for repeating it here.

Some fifty years ago there lived, in one of England's far flung colonies, a prosperous farmer. In fact, he was known at that time as one of the wealthiest farmers in all that territory. He controlled 1100 acres of choice land. A large corporation engaged in sheep raising had holdings adjoining his. They became covetous of his land. Not being able to get control of it by legitimate means, they resorted to a plot. They bribed an unprincipled man by the payment of £50 (as was later proven) to place two sheep skins in the farmer's barn and swear in court that the farmer had been stealing the company's sheep.

The plot succeeded—at first. The farmer was convicted and sentenced to seven years imprisonment. He came out at the end of seven years and devoted every energy to securing a vindication.

For 37 years he fought in the courts to establish his own innocence and convict the man who had sworn falsely against him. At the end of 37 years and six months, he succeeded. The man was sentenced to serve

four years in prison, the judge remarking that he richly deserved a life sentence.

In the meantime, the farmer had to mortgage his farm and use the proceeds in defraying the costs of the litigation. A Parliamentary Committee recommended that the government reimburse him to the amount of £5,000—about \$25,000—but later this amount was cut in half.

Today the farmer, at the age of 82, is living with his family, consisting of a wife (his third) and five children, in poverty.

Perhaps it would be expecting too much of human nature, but could not this man have served society, his family and himself better if, when he came out of prison, he had let the past go, kept and developed his farm so that it might have enabled him and his family to live in comfort and so that his children might have educational and other advantages?

Would not such a course have accomplished as much or more to re-establish him in the community as did his hard won legal vindication, gained at such fearful cost? And would he not have lived a far happier, more contented, more constructive and useful life if he could have let the past go out of his thought and life and devoted himself to creating a new life for himself and loved ones?

### "SQUELCHING" YOUR LAWFUL WEDDED MATE.

IT'S a game that both husbands and wives play at.

But let us look at the consequences for a moment.

A husband comes to his wife and announces some proposed action. She immediately opposes it. Such opposition becomes habitual and largely automatic in time. What happens?

Possibly the drive of his own desire is so strong that his psychic energy immediately overflows. There is an explosion. There is mutual recrimination, wrangling, argument.

Then the husband goes ahead with his action, but the joy of life has been dimmed for both. He feels resentful. The wife feels abused. The vitality and efficiency of both has been lowered. *There has been an actual, definite change in their psychic forces, and in*



## VIEWS and REVIEWS by WILLIAM E. TOWNE



degree they have both been psychically crippled by the incident.

The effect upon each is no less definite than it would have been if each had taken a powerful narcotic drug.

Possibly instead of exploding the husband outwardly agrees with his wife—and later does as he pleases, which means he carries out his original intention. In this case he has become a liar and hypocrite for the sake of peace in the family and a continuance of such scenes will put the skids under anything like a real marriage relationship.

And what of the wife in such a case? She thinks she has won an easy victory and the chances are she will go on and on imposing her will (as she blindly imagines) upon her husband, all the time driving a wedge between herself and her mate.

More rarely the husband will really adjust to his wife's demands. He will repress his own drive, or redirect it to conform with her wishes. But if this is many times repeated, with the wife always doing the objecting and the husband always doing the adjusting, the results are equally disastrous. The husband's own enthusiasm, driving force, courage, initiative and imagination are all sapped in some degree. If his love is great enough he may still do well his work in the world and be a success in life, for love indeed "endureth all things" and dissolves all hardness of heart and removes all discord. But such instances will always be rare.

Of course I am here using the husband only for the sake of illustration. Just as often (perhaps more often) the case is reversed, and it is the husband who does the "squelching" and who makes the wife a nervous wreck, a liar and hypocrite.

And now for a possible remedy. If both were willing and each thoughtful for the other, and more interested in preserving and developing a successful relationship than in having his own way, they could in each case find an adjustment that both could accept, and that would thus enable both to express energy upon a higher level than before. This would add to the health, happiness and efficiency of both, if they could habitually come to such a settlement of their differences. Both would be growing in the right direction. They

would be constantly building up and strengthening the mutual relationship that marriage has established between them.

I quote the following from Dr. Stekel: "The happiness of marriage rests on the capability of persistently overlooking trifling objects, and of focussing one's lust of fighting upon the world at large. One must not demand everything from love, one must not overestimate one's own love. Love cannot do everything, even though one may believe that it could remove mountains."

And concerning those repressions and resentments that result from "squelching" he says: "We are choked by trifles as in a sea of sand. We all suffer through trivialities, and lose thereby the capacity to rejoice in big things and to grasp them in their fullness."

### "IT IS OF NO IMPORTANCE"

"IT is of no importance."

That was the excuse offered by the person responsible, when a letter was found carelessly thrust between some circulars.

But can it be truly said of any act that, "It is of no importance?"

Is it not due to this attitude that so many messages to Garcia fall by the wayside and never reach their destinations?

One's subconscious reactions do not distinguish between what is important and what is not.

If *unimportant* matters are treated as of no importance, the *habit of carelessness* may become established in the subconscious.

And then some day an important matter will be handled in a careless manner.

The habit of treating small matters carelessly expands until it affects all one's actions.

Just as the waves from one single pebble thrown into a lake keep on expanding until the whole surface of the lake is affected.

Carelessness and indifference in the way you carry out *one act* encourages slovenliness and inefficiency in *all* your actions.

An act may be *unimportant* but it can hardly be of *no* importance.

THE MOOD is the matter that makes us or breaks us

Whatever befalls or whoever forsakes us.

—VICTOR E. SOUTHWORTH.



## International Sunday School Lessons

*Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons*

**Class Work by REV. GEORGE C. GOLDEN.**

January 11. THE LAST JUDGMENT or THE SACREDNESS OF THE COMMON-PLACE. St. Matt. 25, 31-46.

*Bible Readings:* St. Matt. 25, Ecclesiastes 12.

**GOLDEN TEXT:** *Inasmuch as ye did it unto one of these my brethren, even these least, ye did it unto me.* St. Matt. 25, 40.

**NEW THOUGHT GOLDEN TEXT:** *If we love one another, God dwelleth in us and his love is perfected in us.* 1 John, 4, 12.

**I**N the parable of the Last Judgment the Master gives a piece of very subtle reasoning. It is a sealed jewel-case, confusing to those who are without the sense of the Allness of Good, simple to those who know naught but the One Presence and Power.

He refers to two classes of people.

There were they who expected judgment, who were conscientious, moral, ethical in seeking out their duty. So intent were they in looking for righteousness, that they were never beguiled into the abandon of true brotherhood. They would not let love betray them nor distress lure them away from their higher service. But the day of high (?) service never came. They looked constantly and earnestly, but they found no God to worship in this miserable and naughty world.

Apparently the other class gave very little thought to duty. Their eyes were focussed on their fellowman, and they found the hungry and the thirsty, the stranger and the unclad, the sick and the prisoner very wonderful, indeed. So wonderful were these common people, so tremendous their possibilities, so beautiful were they when they were ministered unto, that this second class of people seemed strangely completed and fulfilled.

St. John tells us that he who does not love his fellow-man, cannot love God. That is the judgment. That is the reward. The labor and the prize are bound in the one act, sealed in the solitary function.

If God is All, who are the sick and the hungry, the unclad and the imprisoned? They are either included in that Allness or they do not exist. Illumination sees beyond the apparent and love destroys the separation until the Whole is perceived and proved by thought, word and act. Evil then automatically ceases, for it is only a mental fancy in our consciousness.

*Silent Affirmation.*

**Thy Good is seeking after thee, therefore be at rest from seeking after it.**

January 18. THE LORD'S SUPPER or LOVE'S COMMUNION. Luke 22, 14-23.

*Bible Readings:* St. Matt. 26, St. Mark 14, St. Luke 22, St. John 13.

**GOLDEN TEXT:** *This is my body which is given for you; do this in remembrance of me.* St. Luke 22, 19.

**NEW THOUGHT GOLDEN TEXT:** *But when that which is perfect is come, then that which is in part shall be done away.* 1 Cor. 13, 10.

**T**HE Last Supper was the supreme attempt of the Master to awaken his apostles to a realization of their own Divinity. He sought to attain this desirable consummation by making them the focus on which he concentrated his pure, energetic, constructive love. All barriers that lie between teacher and disciple were razed to the ground. He established between himself and them the sincere relation of friendship.

The Eucharistic cup and the sacramental bread were the outward and visible sign of the inner spiritual nourishment they were receiving,—because, in love, he was beholding them in the perfection of Reality. He was seeking, through treatment, to indelibly photograph on their consciousness the realization of their complete identity with the Father—the All-good.

Was the treatment effectual? Was the purpose of the Last Supper attained?

Yes, the treatment was successful. Even though Judas went out from that chamber to betray the Master. Even though the ten forsook him and Peter denied him. Because, one by one, beginning with the remorse-laden Judas, they all came to the moment in their lives when they realized that their Master had told them the Truth—that they could know no rest, that they could taste no satisfaction until they had made their atonement with God—their conscious identification with the Infinite.

*Silent Affirmation.*

**Thought imbued with purity, truth and love is a most potent remedy.**

January 25. JESUS COMFORTS HIS DISCIPLES or THE ETERNITY OF TRUTH. St. John 14, 1-17.

*Bible Readings:* St. Luke 24, St. John 7, 15 and 16.

**GOLDEN TEXT:** *I am the way, the truth and the life, no man cometh unto the Father but by me.* St. John 14, 6.

**NEW THOUGHT GOLDEN TEXT:** *And I will pray the Father and he shall give you an-*

other Comforter, that he may be with you forever, even the Spirit of Truth. St. John 14, 16-17.

A GREAT metaphysical writer has said, "Our bodies are our ideas of ourselves." Our world is simply the reflection of our conception of the universe in which we live. If our conception is chaotic, we apparently see a disordered universe; if it is true, we behold a world of order and harmony.

In this lesson, the Master sketches for the benefit of his disturbed disciples a picture of the stately Soul, inseparable from God, proceeding from mansion to mansion in the Father's house. Evolution is the Ego's growth into higher and higher consciousness, his unfolding into greater and greater efficiency and mastery.

Just as the pilot has to keep his eyes off the rocks and on his compass, so the vision of the soul must be lifted from the seeming erroneous world of matter and held steadfast to the delineations of Truth. "And so he bringeth them unto the haven where they would be."

What man has ever attained success by concentrating on the picture of tragic failure? Who has emerged from the valley of sickness until hope has written in the consciousness God's unchanging and unfailing promise of health?

Discord is the nothingness of error. But harmony, health, success, happiness and self-expression are the glorious somethingness of Truth. That is all we need to know.

*Silent Affirmation.*

The so-called evil state of mentality is not a true mental state at all; it is but a false sense or erring belief, mentally entertained by the mentality.

—Selected.

February 1. THE VINE AND THE BRANCHES or SPIRIT CENTERED. St. John 15, 1-11.

*Bible Readings:* St. John 15, Galatians 5.

GOLDEN TEXT: *He that abideth in me and I in him, the same beareth much fruit.* St. John 15, 5.

NEW THOUGHT GOLDEN TEXT: *If ye abide in me and my words abide in you, ask whatsoever ye will and it will be done unto you.* St. John 15, 7.

IN the Dialogues of Plato, Socrates gives this rather involved but very important statement: "For every body which received motion from without, we call soulless; but that which receives motion from within itself we say is possessed of soul, as though in this lay the soul's very nature."

In metaphysics the student is taught that Soul, Ego, the Christ, is his very and only real life. Receiving motion from within is simply expressing, releasing and reflecting this Infinite Life,

Truth and Love of which he is conscious the moment that he is alive.

This is living from Soul. This is living—Soul. Life then ceases to be a matter of toleration and becomes a venture in Spiritedness. The man of Spirit does not blindly accept conditions. He moulds them, as Washington shaped national destinies in Revolutionary days. The man of Spirit does not, he cannot, belie the love that springs up within his heart at the command of his destiny; he casts out fear and courageously trusts that current that knows its way. The man of Spirit does not accept his standards, his morals, judgment or his ethics from others, but, like a Lincoln, he refuses to call them slaves whom his Ego proclaims to be brothers.

*Silent Affirmation.*

Whatever your heart thinks great is great. The soul's emphasis is always right.

—Emerson.

February 8. CHRIST'S PRAYER or ETERNAL LIFE. St. John 17, 1-11.

*Bible Readings:* St. Matt. 5, 6 and 7.

GOLDEN TEXT: *Holy Father, keep them in thy name which thou hast given me that they may be one, even as we are.* St. John 17, 11.

NEW THOUGHT GOLDEN TEXT: *And this is eternal life—that they should know thee, the only true God, and him whom thou didst send, even Jesus Christ.* St. John 17, 3.

JESUS CHRIST so identified himself with God, Divine Life, Cosmic Vitality, that for all time he is our pattern of God's expression of Himself.

The mastery which Christ desired the disciples to possess was not to be obtained by placing them in a quiet, peaceful and harmonious environment. It was to be attained only by imbuing them with the mind that was in Christ. Knowing the Christ, they would be ignorant of error and learned in Truth; unconscious of the material and keen conscious of Soul and its spiritual activities.

One of the medieval writers speaks of this unconsciousness of evil as a necessary "cloud of unknowing." It is the very essential solvent of hindering, false and deadening mental fancies. The Master knew there was no such thing in Truth as a withered arm or a blind eye—he rose above the hypnotism of matter. A student said the other day, "This man insulted me and I am going to show him I can be just as indifferent as he." This is the kind of thing we have to dissolve, destroy and overcome by our ignorance of error. We believe that no person, condition or situation has the power to prevent us from living our own lives of freedom and service, love and genius.

*Silent Affirmation.*

All work, all business is mental, and mental work must first be done before the externalization can take place.

IT is not the lie that passeth through the mind, but the lie that sinketh in, and settleth in it, that doth the hurt—BACON.

# The American School Department

Metaphysics

Christianity

Psychology

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### Key Thoughts for Meditation Taken From the Lesson

WEEK OF JANUARY 4: Day by day I grow in the consciousness of that faith that removes all difficulties.

WEEK OF JANUARY 11: Daily and hourly my desire is becoming established in my sub-conscious mind.

WEEK OF JANUARY 18: That which I DEEPLY DESIRE is possible of realization.

WEEK OF JANUARY 25: I am still that I may know MY REAL DESIRE.

## THE TRUE KEY TO SPIRITUAL HEALING

### 13. PREVAILING FAITH.

BY PAUL ELLSWORTH.

IN the twenty-third verse of the eleventh chapter of Mark, Jesus states the law of faith from the standpoint of spiritual science. He says:

"Whosoever shall say unto this mountain, Be thou removed and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have what he saith."

There are several points in this formula which the seeker for spiritual mastery needs to grasp. To begin with, that word "Whosoever" is significant. It means that the power of this kind of faith is not limited to any sect or nation or time. It is not limited to orthodox people; or to "good" people; or to any other class of humanity. The "sinner", if he can command the right sort of faith, can see his mountains of material difficulty removed just as speedily and just as completely as can the man who is without sin. This is as we should expect when we are dealing with a genuine law or principle. The law of gravity does not work one way for good people and a different way for bad people. Neither does the law of faith.

Now notice the sort of demonstration that Jesus specifies. He says, "You can remove a mountain and cast it into the sea by your use of the faith power." Not even a useful or desirable thing to do! Again, it is the *impersonality* of faith-power that is brought to the student's attention. With material forces—with dynamite and with electricity—you can do useful work, or you can bring about chaos. The same thing is true of this spiritual force.

By pointing out these two characteristics of faith-power, Jesus sought to show that it was a genuine force, and that it was not dependent on the caprice of God or man. Next he lays down the one condition for using this sort of faith. He says, "You can do this *provided you do not doubt in your heart*." Faith in the head is one thing. It is usually the precursor of faith in the heart. But the latter is entirely different in its nature and in its potency. It is faith in the heart—faith which we feel with a throbbing conviction which will not be denied—that removes mountains.

And it is here that the real difficulty in applying faith-power takes place. Often there are doubts and misgivings in the heart which the head will not acknowledge. What is to be done with these traitors within the citadel of consciousness? In an age when prevailing faith is almost a lost art—when the "science" of materiality sheds its dazzling but deceptive light on everything, and when we know so many things that are not true or that are only relatively true that we have no time or attention for the eternal truth of spirit—in such an age we must realize that real faith is built on spiritual consciousness: on the conscious-

ness of God as a present, transcendent reality; and that such a consciousness of the immanence of a God who is king of Caesar's world as well as of the spiritual world is created only by much living with Him.

Then we must get down to the practical work of throwing out the inconsistent elements from our lives, and must begin the work of building the temple of faith. It is with these details—the preparatory purifying of consciousness, and the integration of prevailing faith—that this chapter deals.

First let us consider some of the commonest hindrances to acquiring abiding, dynamic faith. Perhaps the first of these hindrances in importance is that sort of enthusiasm which is the particular possession of the novice in any line. The possibilities of faith-power, when they are first glimpsed, are almost certain to produce enthusiasm, joy, conviction. The seeker feels that he has found that for which he has long been searching. Gradually, however, this surface consciousness sinks down into the unconscious. It is growing, is developing just as the image on a photographic plate develops: if the latter were to remain on the surface, where it is beautifully visible, it would have no depth and body. Similarly, if this new conviction were to remain the possession of the surface mind, it would have nothing but an emotional value. It must "die" in order to live.

During this time of his novitiate, the student may realize that it is not emotion, not the thrill of joy and hope, but *constancy of beholding* the ideal that does the work. There is a natural evolution with all ideas. First the big truth is grasped as abstractly possible. It is vague and nebulous at this stage, but gradually the surface mind works out the details and becomes familiar with the theory. This is a time of incubation, of becoming familiar with a working principle. It cannot be hurried. Consciousness abhors miracles—nothing will come to

you that you are not prepared to accept as logical and inevitable. If you understand the inner laws of matter so clearly that you can see how water can be changed to wine, you will not look upon such a transmutation as a violation of the law, but as an inevitable result of applying the law. To attain this familiarity, you must meditate upon the matter till it unfolds within your mind. This is true of every gain made in consciousness: it must first be glimpsed as a possibility, then worked out as the most natural and inevitable thing in the world. Feeling and emotion will fluctuate during this period of incubation; there will be times of high confidence, and other times when the power seems to be dead. The student should learn to accept these emotional fluctuations with equanimity. As long as he remains faithful to his task of beholding the truth as steadily and as unwaveringly as he can, he is doing his part, and the rest will follow.

Sometimes the seeker complains that he has not enough "will-power" to stick to the path of discipleship. This trouble may arise from either of two causes. First, he may be trying to establish his will in an undesirable direction, and hence may have the gravity of law and principle against him. Real desire is the key here. What you want *deep down in your heart*, what you want in your deeper nature, you will be able to work for consistently; "As a man thinketh in his heart—" and as he desireth. False desire springs up in the surface mind and is pursued feverishly for a time. Then its roots wither, and it dies. The remedy is to take time to know yourself. You desire above all things the God-consciousness. Other things you desire because, instinctively, you feel that they will help you reach this goal of realization. Now learn to be still, and to let the Voice of the Silence tell you just what you really need and desire. Don't waste time seeking for things you would not care for, even if you attained them.

## In Praise of Life

By Victor E. Southworth

LIFE is so very wonderful,  
So beautiful, my dear;  
It must be that for praise of it  
We have our being here.

For praise of it the world is fair  
And we its beauty know  
That through our very praise of it  
We beautiful may grow.

He made the sun to light the day  
Who made our heart for praise;  
And love of Him is love of all  
Life's wondrous works and ways.



## Things That Make For Success

*And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.*

### To Correspondents

#### Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize.

To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 8 years. Or, 8 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

#### Success Letter No. 967.

I DREAMED I WAS IN THE HOSPITAL AND HAD THREE DOCTORS. A FEW WEEKS LATER THE DREAM CAME TRUE.

Last December I had a dream, in which I saw myself going to the hospital, saw hospital ambulance, three doctors, and saw myself taking ether. I waked my husband up, as it seemed so real, and told him. But, of course, we both laughed and went back to sleep.

But it was only a few weeks and my dream manifested. My sister and I started out for the theater against my own will, as I didn't want to go, but went to please her. When we got to within a half block of the theater my foot turned completely around on account of a hole in pavement. Well, they took me home and sent for a doctor, and, after a close and careful examination, he said it was a bad sprain, no bone broken, although something told me inwardly a bone *was* cracked.

It got no better, so I decided I didn't want to be crippled, and had a feeling I should send for a doctor I knew, which I did. When he arrived I was very disheartened, for he told me it was the

most suspicious looking case he ever saw, and advised my going to hospital immediately.

Well, they took me to the hospital, and X-rays proved it to be a double fracture and deformity. The bone was cracked right off of right ankle, and being very sensitive, I knew the doctors were afraid of something, although, of course, they would not tell me what. They set my ankle, but it had to be done over again the next day; so the second setting I took ether.

Mrs. Towne, I prayed to God to make me brave and not to have any ether after-effects, and it seemed as though everybody was so grand to me and everything was fine. I took the ether without a word, and came out of it without even a funny feeling of any sort.

I also prayed to God the setting would be successful and deformity reduced, and it certainly was. Of course, my foot was so crooked the first time I looked at it I screamed. But that inward voice kept on encouraging me. I was supposed to wear a steel brace for one year. I only wore the brace six weeks. It straightened my foot, and I have no stiffness or anything. My foot is almost normal now. I can walk on it fine, and in another few months I know it will be a good healthy foot again.

I have read *Nautilus* and love it, although before this occurred I never had a reason to apply its principles. But I thank God for everything, and am beginning to find out if we take God into partnership with us we will be happier than words can express.

I have had Mrs. Towne's Four Lessons, which have helped me beyond words. They helped me to express my real self. Before taking the Four Lessons I was inclined to be bossy with my husband, but now I realize we all must work out our own salvation, and I am letting him choose for himself and I for myself. And by being as kind as I can be to him, I sometimes think he is too good to me.

I have learned to radiate love and kindness and not with words.—Mrs. C. B., Ill.

*Success Letter No. 968.*

**SHE DEMONSTRATED A NICE, NEW BUSINESS OF HER OWN.**

I had persistently held in my head for some time the idea of some sort of business—didn't know what—that would add to my income and bring in profitable returns. I kept assuring myself the business—*my business*—was there awaiting me and God would show me the way.

I've been a New Thought reader for some time, but seemed to be unable to demonstrate financial success. This time I think I am on the fair way to achievement.

Of all the strange things for a woman! I am a dealer in foreign stamps. God sent just the right people to me at the right moment. No rushing, no pushing, no shoving other folks aside and rushing from pillar to post as I am naturally rather inclined to do. I simply affirmed and stood still and the finger of God pointed the way.

First, I merely sent out a few approval packets and advertised in the boys' papers the usual way. Then a man wrote to me and suggested he should supply me with stock for a larger business. I did nothing, mark you, *except* accept. Next, I mentioned casually I wanted premises in the town if I could get them, if only a room over a shop. Promptly I was offered just the very best place I could possibly have wished for, in the most advantageous place possible, being in the center of the town. And at a nominal rent. Naturally, I jumped at it.

It took some little time to arrange the necessary preliminaries, but from start to finish there hasn't been one single hitch, and almost before I am aware of it, behold me the proud possessor of a nice little budding business with no rivals (not another dealer in the town, and the place overflowing with schools). And a steadily increasing clientele.

All my stock has been hurled at my head—I've had to ask the wholesale people to remember I have only small space to store the goods they want to send me on sale or return.

It is all too wonderful for words, and all sprung out of nowhere, like some magic gift from the skies—as, indeed, it is.

And where the training and the knowledge has come from, too, is a marvelous thing. I find myself tackling all sorts of complicated business details with the most marvelous ease. I, who never could add up a sum correctly! And now I work out percentages as if I had been born to it. Added to which I am as happy and as interested as the day is long. And it is all thanks to *Nautilus* and the faith that somehow God would bring good things my way.—G. G., England.

*Success Letter No. 969.*

**A YOUNG WIFE OVERCOMES ILLNESS AND DEMONSTRATES SALE OF PROPERTY THROUGH NEW THOUGHT.**

Just to tell you of the glorious things that have come to me since I began to study New Thought.

I was on the verge of a physical and mental collapse, when I sent for my first copy of *Nautilus*.

I could not remember the simplest numerals, or anything I heard, to tell it correctly. I had studied the psychology of mental disease, many years before, and knew the symptoms of insanity, therefore I began to realize if there was not an immediate change in my condition I would lose my reason.

At this time I ran across an attractive advertisement of New Thought in which Ella Wheeler Wilcox so highly endorsed it. I was so exhausted mentally I had not the slightest idea what New Thought was, but I felt that I surely needed some New Thought of some kind, and since Ella Wheeler Wilcox endorsed it, I sent for it.

At first I didn't grasp the meaning of it, but soon I began to awaken and it came to me. I went for a ride through our worst district which had always seemed so dreary and wretched. But that day in September it was transformed, glorified, the mill houses cozy, the children playing happily, the mothers singing, the flowers blooming and the trees beautiful. I seemed floating in space, at peace with the world and all. I just could not see why the whole world couldn't see Love and Beauty and Truth in everything.

That fall, after being too ill and nervous to do any but the lightest housework, since the first epidemic of influenza, I stopped thinking of, or rather got too busy to think about my illness and financial reverses, so completely was my attention and interest concentrated on the things I was doing.

I was really happy. I preserved over 300 pounds of fruits and vegetables without help. I cared for my two adorable children, did all household sewing. I kept a nine-room house cozy. Along with my other activities I entered the contest at the county fair. I entered 12 articles and I won that fall four blue ribbons for my exhibits, and seven red ribbons for domestic science and art work exhibits. Three years before I was in an entirely different profession and knew nothing of domestic science. That \$7.50 in money was a great deal to me. It made me happy, indeed. It renewed my faith in my ability to do anything I choose to do, if I would only try hard enough to do it. I have been growing in faith since.

In June I was out to see a little friend who lives in the country. She had bought herself a commencement dress of white wash silk at a bargain because it was soiled. It needed altering and laundering. Her mother was too ill to do it, so I told her I would take it home with me and fix it and launder it for her, as I had an electric iron and was better prepared to do it than she. I did so. My husband insisted that I was too nervous to do it, and I almost believed it for awhile. But after supper he went out for the evening. After I put the children to bed I began to alter it. I seemed to fly at my work. I altered it perfectly and had it washed by 9.00 p. m. I used long, white-headed pins in the hem, and in my haste I left one of them in it. While washing it I rubbed down on it very hard and stuck the pin into the thickest part of the palm of my hand. It hurt terribly, and I thought I wouldn't be able to continue washing. But I said, "It is nothing; God heals all wounds. I shall continue my work and give it no attention." IT WORKED.

Another demonstration in healing: I went out

for the evening and left my husband with the children. I returned at 10.00 p. m. to find my seven-months-old baby awake and ill with a rattling and wheezing cold. I fixed him in bed comfortably and retired. He became worse, and his breathing difficult, and I began to think it might be best to call a physician. Instead, I closed my eyes and affirmed that the Divine Healer would heal my baby here and now. Before I was aware of it I found myself up and rubbing my baby with pneumonia cure, and as I thought of my previous prayer, I said, "Father, it is not this stuff that heals my baby, but my faith in Thee." I retired at once, and closed my eyes and I saw my baby asleep and breathing easily. It was then 4.00 a. m., and he had not rested any all night, restless and tossing with fever.

When I was conscious of my baby ten or fifteen minutes later, he was sound asleep, breathing easily. He was not ill any the following day.

I have demonstrated the sale of property valued at \$20,000, but our best offer was \$16,000 until I began affirming it would sell at its full value, and it did. I affirmed for a cozy, convenient house. I have been living in it for over a year. I have wanted a piano ever since I have been housekeeping. It came as a surprise, the most expensive our dealer had. I have had it a month. I have my own allowance. I shall begin to take music soon. I study literature, read Emerson and Whitman, and take *Success Magazine*, *The Mentor*, read Marden's books, etc. I have just begun to grow. I enjoy *Nautilus* from cover to cover.—M. D. H., No. Car.

*Success Letter No. 970.*

#### NEW THOUGHT COLLECTS A DEBT.

Let me tell you what New Thought has done for us. As my husband is not working, on account of the strike, with no money coming in, we were worried. So we used the New Thought, saying: "In God we have plenty of everything, and money sufficient for our needs."

And it was so. A man who owed us some money came over and paid it. It was a surprise to us, as we were not looking for money from him, as he was not working at the time. So we thanked God for all of His blessings and His answer to our prayers, and that we are able to understand how to pray as it is taught in the *Nautilus*. May God bless the good work you are doing.—MRS. C. E. F.

*Success Letter No. 971.*

#### SHE VISUALIZED SUCCESSFULLY FOR IMPROVEMENTS IN THE HOME, A NEW AUTOMOBILE, GARAGE, ETC.

When I read the letters in this department I always feel that I must tell of the wonders visualization has done for me.

We had bought an old run-down house because the location was worth all we paid for it. I felt we must paper and paint it fresh, paint it on the outside, have a new garage, set out fruit trees and bushes, and that I must have a new oil stove. (We have no gas here.) Oh, yes, and that we must have a new Ford Coach.

So I sat down, closed my eyes, relaxed, and pictured these things as in a halo or mist, then made myself see them emerge into clear, distinct vision. Then I thanked the Great All Supply that these were mine in the invisible world and that He was omnipotent to make them mine in the visible world. One day the Superintendent of Schools called me to the office and asked me to supply in sixth grade for a sick teacher. I had always thought that a hard grade, and never would have thought of attempting it in my teaching career, but some way (you all know why) it didn't frighten me at all. I took it, made a success of it and finished the year besides keeping house.

That is the way part of my financial vision came true. I paid for the garage, fruit trees and bushes, oil range (a much nicer one than I visioned) and the inside decorating. The 1924 Ford Coach came through my husband and also the outside painting.

Just recently my husband was seriously hurt in an auto accident forty miles from home, and was, of course, compelled to lie there a long time. He was hurt on Wednesday. I had to return to our home and boys for Saturday. I called the nurse and there was no change. About ten o'clock that Saturday morning I began to affirm there was but One Life, and that was in my husband.

The nurse reported next day that *at that hour* he changed for the better. I'm also affirming the Divine Intelligence is in and through him and his powers of intellect and speech are returning with an improvement each day.

When I think what blessings have come to me from my few feeble efforts it makes me very humble.—MRS. B. G. V.

**THE PRIZE WINNER** for December *Nautilus* is K. C. C., who wrote Success Letter No. 965. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

**THE** extremes touch and unite, by reason of their remoteness from each other, and are found in God, and in God only.—PASCAL.

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We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF  
CONSULTATION AND SUGGESTION  
CONDUCTED BY ELIZABETH TOWNE  
AND WILLIAM E. TOWNE

"O wad some power the giftie gie us,  
To see ourselves as ithers see us,  
It wad frae mony a blunder free us  
And foolish notion."

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Letters that demand reply by letter should be accompanied by at least \$5.00 in payment. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—ELIZABETH TOWNE.

MRS. G. L. R.—If you read *Nautilus* with the idea of "reconciling" the statements of the various writers you will derive little of satisfaction or benefit from it. In the first paragraph of the New Thought Declaration of Principles you will find these words: "Each individual must be loyal to the truth he sees." Naturally, no two persons see the truth exactly alike in all respects. Individuals of different psychological types see truth from opposite angles and need to have it presented from opposite viewpoints before they can assimilate it effectively. They need different processes of New Thought practice in order to get satisfactory results. "What is one man's meat is another man's poison" is a rather extreme statement of a great psychological truth. Therefore, in reading *Nautilus* accept for trial only, such methods and ideas as *appeal to you* as being sensible and likely to prove helpful. Keep searching, testing and sifting that which proves good for YOU from that which fails to benefit. In this way you will gradually build up *your own* understanding of truth and acquire a practical working knowledge of New Thought methods that will really help you. The main thing is to KEEP ON SEARCHING FOR NEW LIGHT and to KEEP ON TRYING TO PUT INTO PRACTICE what you learn. Just KNOWING the truth is not sufficient to heal and help you. You must carry it into EXPRESSION in your daily activities before you can get satisfactory results. In regard to the different forms of affirmation, if one affirms a thing as being accomplished that, to the conscious mind, is not yet fully accomplished, he should have in his mind a clear understanding that he is making an affirmation of a potential, spiritual truth that has not yet been made manifest in the material world. Because many persons do not keep in mind this distinction, most teachers advise their students not to affirm a thing as accomplished, until it is really accomplished or

demonstrated in the world of reality—the material world.

GRATEFUL.—I think it would be far better for your health and happiness and well being generally if you would give your attention to adjusting to the fact that your limb is gone. Your mental and physical suffering is due principally to your lack of adjustment. It is not the fact of the loss that causes your suffering so much as it is *your own thoughts about the matter*. See how fully, and in how many ways, you can enter into the various activities of life, social, business, recreational, and forget so far as possible your physical limitation. Read "When One is Disappointed," page 31, October, 1924, *Nautilus*. It would be far better for you to co-operate with that "forward movement of Spirit," of which Professor Bergson speaks, rather than to continue trying to make a demonstration that, while it may be possible, is so far beyond the average individual's faith and understanding as to make it an inexpedient adventure.

C. M.—If you are troubled with your hands perspiring when you play the violin or piano, why not try Odorono cream—not the liquid lotion—a little rubbed into your hands immediately after washing. After it has been on for a few minutes, rinse your palms in a very little cold water and wipe with a soft towel. If this does not overcome the perspiration get a bottle of Eau de Beaute, put up by Harriet Hubbard Ayre and sold at department stores for 75c. This is slightly astringent and pleasant, and I should think if you rubbed your hands and wrists thoroughly with it just before going on the stage to play, that it would help you greatly. Very pleasant. If I were in your place I would try both of them.—E. T.

M. F.—I doubt very much if New Thought methods would have any effect in attracting money by such a plan as you describe. The basis of New Thought is a better use of constructive laws and forces as they affect the individual. Concentration and visualization help only as they aid one to co-operate with the creative and constructive agencies. I should think your chances of real success would be much greater if you concentrated upon ways and means of extending service by which you, or your husband, might earn the \$500.

G. P.—You just imagine things because you have not yet assumed the care of the child. You can exert a greater influence over her during the next three years than you ever could have done before birth. It would undoubtedly be better for all concerned if you live by yourselves as soon as you are able to do so.

(Continued from Page 16.)

the U. S. A. is that he memorializes in his post-election letter, the fact that he is devoted to the service of All of Us, not simply to the big Republican bloc of All of Us, which elected him.

May the blessings and the confidence of All of Us go with him and grow with him, in the next four years.

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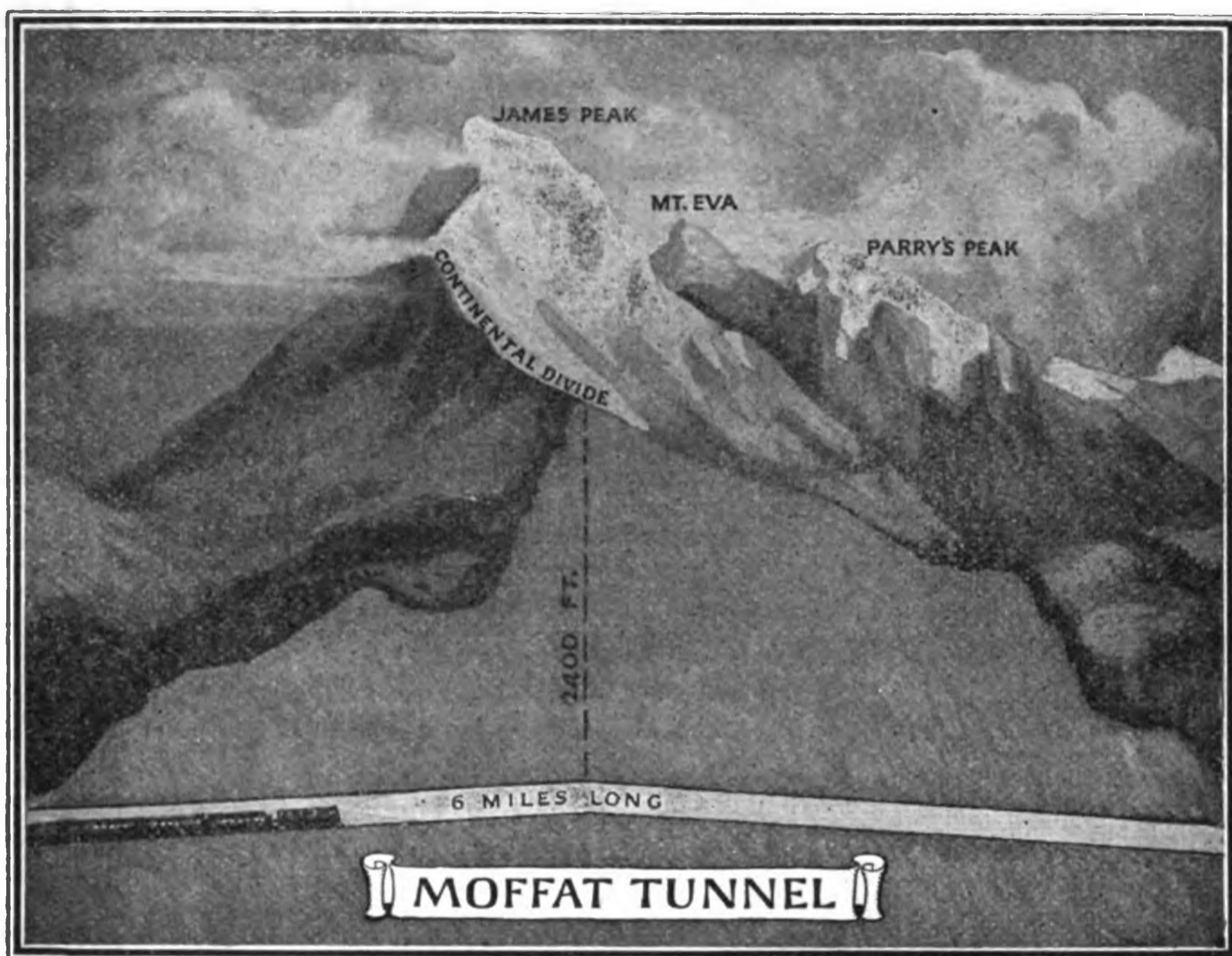
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# FEAR Is Your Worst Enemy

I mean by this, FEAR OF SELF, rather than fear of outside forces. You may be very brave in physical combat and have fear in the form of lack of self confidence; self esteem and positiveness; doubt; worry; overseriousness; anxiety, etc., that is wrecking your mind and body and causing failure in all you undertake. Fear causes confusion, a clouded mind, mental anguish, takes all the joy out of life; and through its depression develops physical forms of weakness through the nerve supersensitiveness and functional inaction that is created. In nine cases out of ten FEAR is responsible for UNHAPPINESS, NERVOUSNESS, PHYSICAL DISORDER and LACK OF SUCCESS. Fear leads to discouragement and most cases of insanity and suicide can be directly traced to it.

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## ARE YOU GIVING YOURSELF A FAIR CHANCE?

Nature does not say in the beginning of life to one child—YOU are to be strong, happy and truly successful; and to another—YOU are to be weak, limited, full of fear, unhappy and a failure. The chief difference we find in men and women is due to TRAINING and DEVELOPMENT. In one case there is a lack of understanding of self, your own powers and just how to use and direct them; and in the other case, perhaps through a wiser childhood training, there is a realization of power and its use. Electricity will do some wonderful constructive things, but if not understood and the energy is misdirected it will kill. IT IS THE SAME WITH THE POWERS IN YOU. They are ALL of a constructive nature if wisely directed. If you are weakened and limited it does not mean that you are minus any of the essential powers, but simply that they are in a habit state of weakness.

## Free Yourself From Fear and Nervousness

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